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A close-up photograph of a blue car's door handle. A hand is resting on the handle. In the background, a family of four (a man, a woman, and two children) is sitting on a wooden bench outdoors near a body of water. The word "live" is written in large white lowercase letters, and a large white "O" is partially visible on the right side of the image.

# live O

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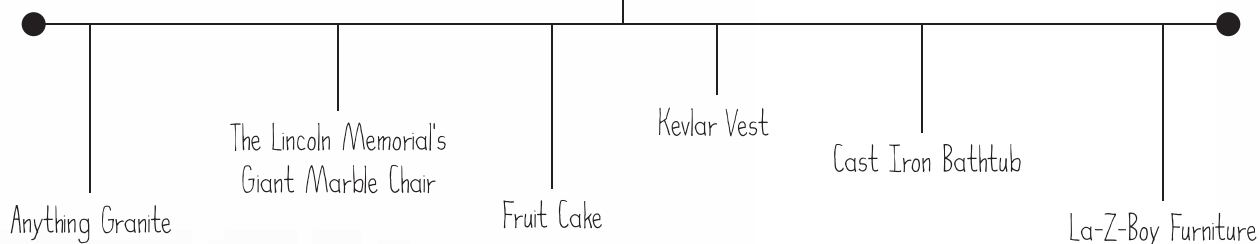
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# between friends

## Giving thanks, gathering family, making it easy

**B**ack in August, when most of us were grilling burgers and roasting sweet corn, our food team was sitting in on an early Thanksgiving meal at the California home of Food Network chef Tyler Florence. The meal was, as expected, memorable, right down to the homemade banana pudding for dessert, *page 165*. But as much as our team loved the food, Tyler's family was equally impressive. The moment they knew we were coming to photograph a Thanksgiving feature, they all showed up—parents flying cross-country; in-laws driving over; siblings and kids joining in, all dressed for the special occasion. It's as though this tight-knit family couldn't imagine a Thanksgiving dinner—even one re-created for a photo shoot—without being together.

Expressing gratitude may be the first purpose of Thanksgiving, but it's also the gathering that makes this holiday so well loved. It's one time of the year when we gladly trade 30-minute meals for hours of menu planning and make-ahead cooking. We bring out the folding chairs, shine up our best platters, and puzzle over who should sit at the children's table this year. We triple-check the shopping list and still go back to the store twice more, because we want everything to be just so for our families.

The goal, of course, is to strike the right balance of preparation and celebration, so that when loved ones gather, we can spend real time connecting. This issue offers a lot of help for that: plan-ahead tips, simple table touches, and even smart ways to handle tricky family dynamics, *page 246*. And of course, we also have great holiday food, including Tyler's spectacular and achievable menu, *page 206*, and some of the best pies we've ever sliced. If you need more inspiration, our website *BHG.com* has an entire Thanksgiving hub to help, *BHG.com/thanksgivingideas*.

As I write this, my own family is still working through the question of who's going where for the holidays, as we share our daughters with other important families in their lives. But wherever we are for Thanksgiving Day, I'll be conducting my own photo shoot, taking snaps of family gathered from all points—and dressed for the special occasion. And that's something I'm thankful for.



**Gayle Goodson Butler,**  
*Editor in Chief*



## Better Now Holidays made easy

*Love creating seasonal magic? Sign up for our holiday e-newsletters offering tons of easy, useful, inspiring ideas and recipes. Join now at [BHG.com/holidayemail](http://BHG.com/holidayemail), and get ideas daily from October through December.*

## What I Learned This Month

### About making pie

Pastry Chef Alan Carter's secret for gorgeous fruit pies: "Mold" the top crust to the shape of the fruit instead of draping it. More of his I-never-knew-that tips for success on *page 171*.

### On our Facebook page

To keep my eyes open for hard-to-find Northern Spy Apples next time I want a great baking apple. (Thanks for the tip, Mary Kay Radnich.) For holiday pies, our food team also recommends Granny Smith, Cortland, and Jonathans.

### On page 200

A clever way to rewarm dinner rolls before the big meal. Also check out an easy, no-cost way to help feed the hungry this holiday.

### From our Test Garden

There's still time to plant spring-blooming bulbs, as long as the ground hasn't frozen yet. Can't tell which end goes up? Plant the bulb on its side, and it will know which way to grow.

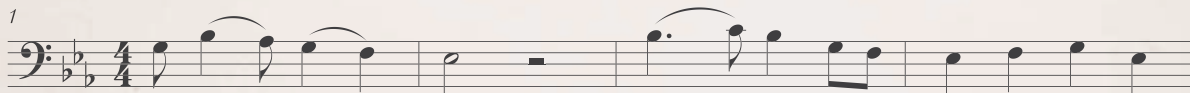
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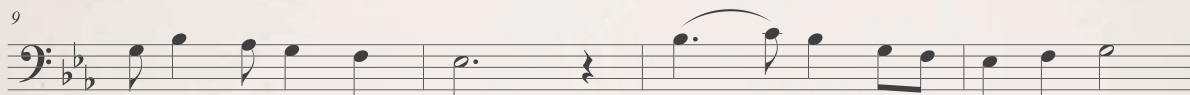
## *Fight Song*



Hail! to the world's top a - gents.



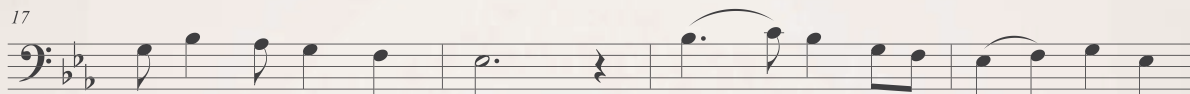
Cheer! to our poise and our pa - tience. Fight! \_\_Fight! for \_\_ Farm - ers, a



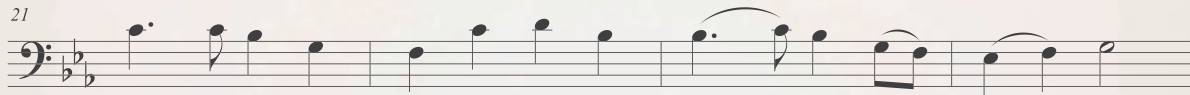
com-pa - ny with no peer. Hail! to our po - li - cies.



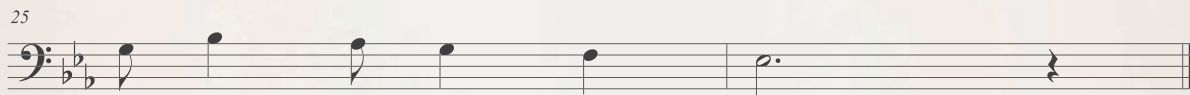
Cheer! to put - ting you at ease. \_\_ Fight! \_\_Fight! for \_\_ Farm - ers.



A lo - cal and a chum. Hail! to our low \_\_ pri - ces.



Cheer! to our re - sponse to cri - sis. Fight! \_\_Fight! for \_\_ Farm - ers.



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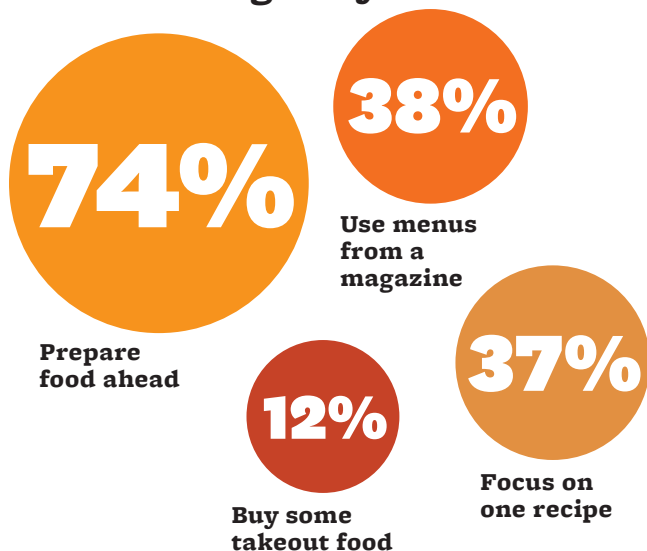
## Time Tested

I just ran across the article on the *Better Homes and Gardens* Idea Home built in 1957. I was shocked when I turned the page to see an identical copy of my house! Wow, it's almost exactly the same except for a few minor changes. I assume the people who had our home built saw the 1957 article and fell in love with the house.

**Lisa Hudecz**  
Alma, MI

### WE ASKED OUR READERS:

**How do you make holiday entertaining easy and fun?**



(SOME RESPONDENTS SELECTED MORE THAN ONE CHOICE.)

**LETTERS & COMMENTS** BHGEditor@meredith.com  
**TWITTER** twitter.com/bhg **FACEBOOK** facebook.com/mybhg

## About Our Issues

### Fan of the Plan

So glad to see floor plans included in the article “Great Wide Open” (August). We, too, have a 1950s home—a Cape Cod with a kitchen walled off from the dining and living rooms—and I’m awaiting inspiration to knock down walls. Keep up the great work, and when possible, include those floor plans for us spatially challenged readers!

**Sara Brode**  
Indiana, PA

### Main Attraction

In your “30 Ideas for a Livable Living Room” (September), I thought the one about the magnetic paint was fantastic for my kitchen and office. Then I realized my computer’s in that area. Will magnetic primer create a problem with computers?

**Nancy Canavan**  
Syracuse, NY

*Good question! No, the paint itself is not magnetic; it's metallic, allowing magnets to stick.*



## Flush with Ideas

I am in love with the dahlia/apple arrangement in the “Fresh” section of the September issue. Absolutely beautiful! My husband and I are trying to build a new home next summer, and I’m saving all these tips so I can have the *Better Homes and Gardens* look. Love it!

**Ashley Johnson Fowler**  
Facebook.com/mybhg



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### Receive Flowers for a Year

You could show off a beautiful bouquet of *Better Homes and Gardens*® flowers from FTD all year long by entering our Flowers for a Year sweepstakes. Go to [BHG.com/ftd](http://BHG.com/ftd) See entry details on page 256.

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# fresh

IDEAS FOR LIVING WELL

## COME HOME TO COMFORT

Going back to basics never felt so good. Delight in the fruits of fall by displaying a vessel of apples. Or bake an apple pie and let the scents of the season spice up your home.

PHOTO: DANA GALLAGHER. STYLING: PAMELA DUNCAN SILVER

BY KELLY RYAN KEGANS  
PRODUCED BY STEPHEN PERFETTO

BETTER HOMES AND GARDENS | NOVEMBER 2010 | BHG.COM

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# Things to Do This Month

Gather 'round to share a memory, give back, and savor the warmth of the holiday.

## 1

### FUN FOR ALL

Create a Most Wanted list of activities your entire family wants to do this season and schedule them. Pinpoint a Saturday for ice skating. Make a date for an afternoon at the movies. Or set aside a quiet evening to play board games fireside.

## 2

### TABLE TALK

This Thanksgiving, ask friends and family to write down what they are grateful for in one another. Include both a heartfelt and a humorous thought, then take turns reading them aloud.

## 3

### GOOD DEED

Feed a food drive with protein-packed peanut butter—a pricey item for food banks to buy. For a donation site, see [feedingamerica.org](http://feedingamerica.org).

### INDISPENSABLE

## Turkey Platter

A dish that serves up style and substance is a must for the table—one that is sized to fit a turkey and a beautiful tradition in its own right. Merletto Oval Platter (oven-, microwave-, and dishwasher-safe), (17 ¾"×13"); \$100; [laterrinedirect.com](http://laterrinedirect.com)



## Q&A

I love using preheated platters and serving bowls, but at the holidays my oven is always occupied.

Is there another way to warm up my servingware?

Many dishwashers have a waterless “preheat” setting for just that purpose.

Before you preheat, flip dishes over to make sure they’re marked “oven safe”.





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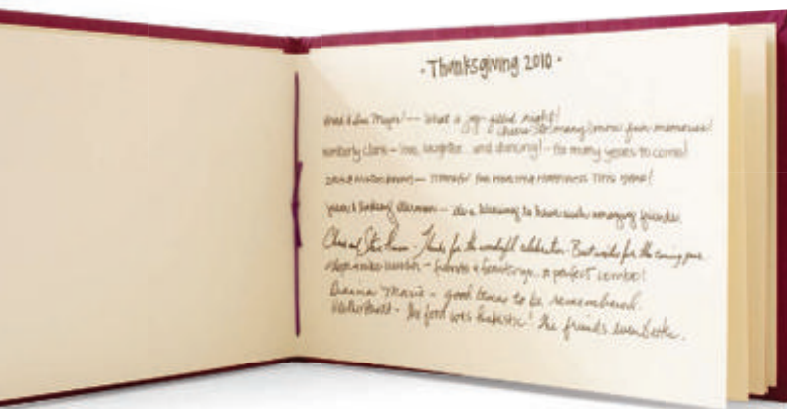
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Dip into tradition and bring back the guest book. "It becomes a house diary, a recording of all the comings and goings."

—From *Let's Bring Back* by Lesley M.M. Blume

#### BLOGGED

### This American Pie

With rolling pins and mixing bowls at the ready, Beth Howard hits the road in her RV, traveling the country with her baking parties. Take it from us, making pies with a group of friends is loads of fun. Catch Beth's latest adventures on her blog, [theworldneedsmorepie.com](http://theworldneedsmorepie.com). Her tip for perfect piecrust: Don't touch the dough too much.



#### ME TIME

### Slow Down

Take a break from the madness of entertaining, shopping, and planning by setting aside 30 minutes just for you. Relax and recharge by grabbing that book you've been wanting to read, and sip something hot (try Dagoba's new Organic Chai Drinking Chocolate; [dagobachocolate.com](http://dagobachocolate.com)).

#### FOR THE RECORD

### Memory Makers

On "Black Friday," November 26, National Public Radio's StoryCorps will observe a National Day of Listening by encouraging people to interview loved ones. "Simply listening to one another is the least expensive and most meaningful gift we can give," says StoryCorps founder Dave Isay. Tip: Download a smartphone voice recorder app (starting at \$1) to make the project easy. For more StoryCorps info, see [nationaldayoflistening.org](http://nationaldayoflistening.org).

#### PLAY IT

### Featuring

Turn on Norah Jones' latest release, *...Featuring*, for a cornucopia of sounds, from jazz to country. All tracks are duets Jones recorded with artists, including Gillian Welch, Willie Nelson, and M. Ward.



#### GOOD READ

### Rescue

In Anita Shreve's 16th novel, *Rescue*, a family struggles to begin again 19 years after it was torn apart.

#### HOT TICKET

### Morning Glory

Diane Keaton, Harrison Ford, and Rachel McAdams star in this romantic comedy set in the dysfunctional world of morning television. In theaters starting November 12.



# FOR ANOTHER TWO AND A HALF SECONDS, THE PEACE REMAINED.



Our puppy is known by many names. Paws McDrool. Tropical Storm Furball. The Interior Un-Decorator. But really, he just goes by Pergo. We named him after our floor, which was about the only thing he couldn't destroy. Our Pergo flooring is remarkably scratch resistant. Whatever our lovable mischief-maker dishes out, it can handle. And its warm appearance lets our pup relax in style. Depending on traffic. For a sample and all you need to know, [pergo.com](http://pergo.com).



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# Container Stores

Put a lid on it. Or don't. These shapely canning jars can handle it. Use them to preserve food, serve drinks, or as impromptu vases or votive holders.



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PHOTO: CAMERON SADEGHPOUR





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# Let the Good Times Roll

Capture all the moving parts of the holidays with a shoot-and-share camcorder. Go with a simple one-button-record pocketcam or step it up with a device that lets you zoom in on faces and track people and pets so they stay in focus.

## 1

### POCKETCAM

This slim shooter, *right*, takes still and moving pictures and features a 3-inch touch screen so you see images on a relatively large display. The device also has improved low-light recording and ability to shoot close-ups. Sony Bloggie Touch MHS-TS10, \$180; [sonystyle.com](http://sonystyle.com)

## 2



### TOUGH AND GO

The latest version of the Flip camcorder keeps its one-button point-and-shoot heritage but the video is improved with image stabilization. Flip Ultra, \$150; [theflip.com](http://theflip.com)



## 3

### TRAVEL COMPANION

Ideal for on-the-go adventures, this camera/camcorder combo is water-resistant (great for rainy days) and has a 5× optical zoom lens. Sanyo VPC-CA102, \$350; [sanyo.com](http://sanyo.com)



## 4

### PROJECTOR CAM

Like the Sanyo and Sony devices, the latest Nikon Coolpix camera takes pictures and records videos. Plus, a built-in projector lets you put on an instant show. Nikon Coolpix S1100pj, \$350; [nikon.com](http://nikon.com) ■





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# Well Dressed

An unexpected palette and new twists on classic Thanksgiving touches set a pretty table.

BY OMA BLAISE FORD | PHOTOS CAMERON SADEGHPUR  
PRODUCED BY STEPHEN PERFETTO



## Harvest Tumble

A light palette of soft gray, cream, and shades of yellow updates a classic cornucopia. Set on a platter, the whole display can be moved to make room for the turkey. To dress up a crafts-store horn basket, whitewash it with pickling stain and trim the edge with a strip of cotton fabric tied on with embroidery floss. Line the inside with cream burlap and fill with squash, apples, pears, quince, and cipollini onions.





### All Set

A fabric flower adds a special touch to this layered place setting. Artist Ashley Meaders made the flowers by cutting folded circles of fabric into rough petal shapes, stitching their centers together, and tying with baker's twine. Fabric flowers, \$42 for a set of 6; [etsy.com/shop/dolciodille](http://etsy.com/shop/dolciodille).

### Go Online

Share your fall centerpiece to win \$1,000 and be featured in *Better Homes and Gardens* magazine! (See rules, page 258.) Enter at [BHG.com/holidaycenterpiece](http://BHG.com/holidaycenterpiece).



### With Thanks

Metallic tissue paper turns an ordinary pear into a lovely take-home gift. Layer colored tissue paper on top of a square of metallic tissue and wrap around pear, tying tightly at the top with a piece of silk cord or ribbon. Cut the excess tissue into a leaf shape.

### In Writing

Whet everyone's appetite with a menu card set on the table. White ink on dark paper gives this card a sophisticated twist. Look for a white-ink calligraphy pen or chalk-ink marker. ■







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# home

WHERE LIFE HAPPENS



## CHANGE OF SEASON

Inside and out, all signs point to cooler days. But warmth remains—in the comfort of cozy wraps and in the anticipation of nights nestled snugly in comfortable rooms.






# Pretty Smart

Sophisticated style buddies up with kid-friendly ideas to create an open kitchen and family room—and better living.

BY DENISE GEE | PHOTOS ROB BRINSON | PRODUCED BY LISA MOWRY | STYLING ANNETTE JOSEPH





The breakfast area's vintage-style bench features a modern mix of fabrics on top and storage drawers below. No rug means "no icky cleaning," says homeowner Brenda Carlton.

Eva and Chloe often sidle up to the dark cherry, marble-top island, *opposite*. Antique furniture styling and clear-glass pendants soften the transition between the living spaces.

**“I wanted an open and modern kitchen, but one that fit with the home’s age,” says Brenda, with daughter Eva, *right*.**

**Fresh paint and landscaping perked up the 1930s traditional-style home, *below*.**



An older home’s architectural detail can be a thing of beauty. Those cramped kitchens and choppy rooms? Not so much. Especially for a young, active family. But to live in just the right neighborhood of Atlanta, Brenda Carlton says, “we were willing to be creative.”

Just the right neighborhood is midtown’s Morningside area where the homes, mostly built in the 1920s and ’30s, feature cozy traditional architecture and are close to quaint parks and shops. “It’s a very charming, family-oriented place where you can get to know your neighbors,” Brenda says.

She and her husband, Price, knew from experience that changes would be needed to outfit an older home for modern living. While house hunting, they lived in a small bungalow, its family room at the front of the house and kitchen at the back. “We realized then how important an open, connected living plan would be for us,” Brenda says.

To get that in their 1930s home, the Carltons gave up a small extra bedroom and bath. Without adding square footage, kitchen designer Ann Yarbrough helped the couple rework the floor plan to create an open living space that includes a breakfast area, kitchen, and family room that connects to the backyard.

Equally important? Decor that both the couple and their children could enjoy. That evolved with a hand from Jayme Armour Lefler and items from her nearby home design shop. Though Lefler wasn’t officially signed on to help, she helped Brenda find her design voice. “I need to have pretty surroundings, which Jayme is very good at,” Brenda says, “but also wanted them touchable and durable.”

They got both, along with a soothing, sophisticated style achieved through light wall colors, natural materials, and serene artwork. For parents who also have full-time careers, “calming and carefree is good.”






A new glass-paneled door provides deck access and added natural light. Cherrywood knobs and leg detailing give the white cabinets a warm furniture look.









“Our house isn’t big by modern standards, but we tried to **make it feel as big as possible** by creating multiple entry points in the living areas.” Brenda Carlton

Brenda recommends a unique form of retail therapy: “Small home-furnishing shops offer great advice,” she says. “They also sell unique items—like my family room’s lime-green chair and bird pillows—that can be the building blocks of an entire space.” Friend and shop owner Jayme Armour Leffler helped Brenda pull together the right look. “Jayme helped me see how rooms and furnishings can be soft and pretty, but also durable and family-friendly,” Brenda says.





The girls' toys are part of the family room scheme, *above*, but Brenda stashes them in handsome rattan boxes tucked into the bookcase when they're not in play.

Brenda used unique pieces, such as the lime-green chairs and white accent table, *above right*, to give the family room a personal look.

A sleek white lacquered desk, *right*, serves double duty as an accent piece and writing desk for Brenda. A small wooden stool tucks underneath for good traffic flow.

The family originally wanted a stone patio out back, but that would have killed a tree close to the house. "We compromised by having stone walls and steps around a wooden deck," Brenda says. ■

For buying information see page 256.









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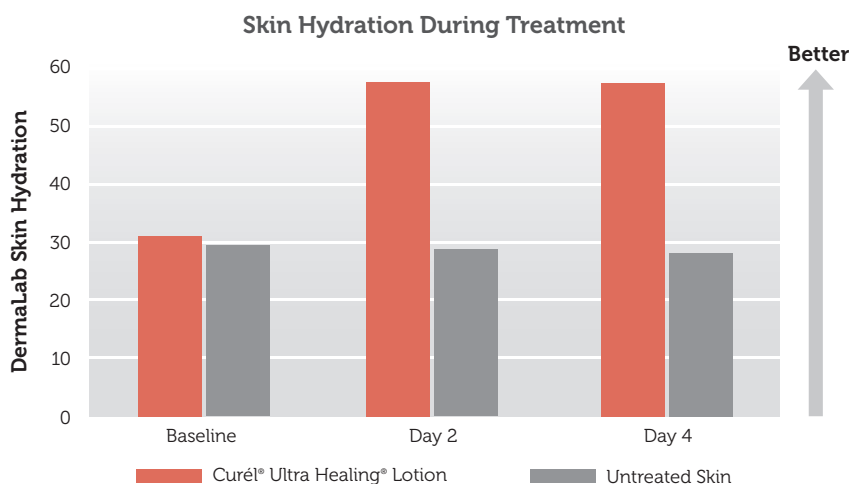
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# Maple Gold

Nature's last burst of color before winter inspires a collection of rich golden yellow you'll fall for.

## Sunbeam

328

Paint a bed frame this strong yellow, and pair it with dark teal and pale gray bedding. [benjaminmoore.com](http://benjaminmoore.com)

## Honey Tone

360C-3

Energize a home office with an accent wall in this pretty shade. [behr.com](http://behr.com)

## Maple Taffy

3004-3C

Most kitchens have little wall space, so a bold color lends impact without overwhelming. [valspar.com](http://valspar.com)

## Egg Yolk

A14-5

Use this saturated hue in a windowless entry to mimic sunlight. [olympic.com](http://olympic.com)

## Dandy Lion

BHG614

Cozy? Yes, thanks to this shade's dose of brown. Try it in the dining room to highlight a wood dining set. [bhglivebetter.com](http://bhglivebetter.com)





Sherwin Williams  
SW6900 Optimistic Yellow

## Gold Rush

Golden yellows are classic, fresh, and cozy. But they're also one of the trickiest colors to get right, says New York City designer Marlaina Teich. Luckily, she's here to guide you.

- 1 Use a pillow, area rug—anything that will be in the finished room—to home in on your paint choice. If a hue doesn't coordinate with the item, move on, Teich says.



“Whenever I can, I try to put a hint of the wall color on the ceiling. It makes the room feel more complete. The color will look darker on the ceiling, so cut it by 50 percent.”

Marlaina Teich



### MEDALLION THROW

Add spicy color to your bed or sofa with a Moroccan-influenced cashmere blend throw. In Storm Grey and Mustard, \$110; [blisslivinghome.com](http://blisslivinghome.com)



### CERAMIC MELON HARDWARE

Give a sideboard or dresser a mini makeover with vintage-style handles. In Brass/Palace Yellow, \$18; [anthropologie.com](http://anthropologie.com)



### AUTUNNO PLATES

Serve seasonal treats on these glazed ceramic plates (Dishwasher- and microwave-safe.) In Yellow, \$8 each; [crateandbarrel.com](http://crateandbarrel.com)

- 2 Teich puts a twist on accent walls by using different strengths of one paint color. Ask the paint store to make a 50/50 mix of your chosen gold and white. Paint the full-strength color on the wall opposite the room's entry so it draws you in. Then use the lighter mix on the rest of the walls.

- 3 “I like yellows that have subtle reddish or brown undertones,” Teich says, because they're more compatible with other colors. ■



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# Bedtime Stories

Let your most personal space relax you around the clock. Take inspiration from these four examples.



A serene color palette of sea foam blue, pale yellow, and cream lends this space a dreamlike quality.

**TRY THIS AT HOME**  
Fill your most personal room with your cherished collections, such as the antique creamware hung above the bed here. Layer a patterned rug over a neutral sisal for a small hit of color on the floor.

BY JOANNA LINBERG. PHOTO: MALI AZIMA; PRODUCED BY JISA MOWRY; STYLIST: ANNETTE JOSEPH



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\*Doesn't just cover; after 8 weeks of use reduces imperfections without makeup on. \*\*One patent granted, two patents pending.

Visual is a dramatization of actual product results.





Billowing drapes and pretty florals are the marks of this room's feminine style.

**TRY THIS AT HOME**  
Pull a roomy chest of drawers, *below left*, into service as a nightstand to hold a change of sheets, or favorite reads.



## Sink-in softness

Everything about this room hints at luxurious me time: two places to curl up with a good book, plenty of pillows to sink into, and feminine touches—such as lace panels surrounding the bed—that feel indulgent. Floral bedding gains sophistication by a mix of patterns that share a muted color scheme of shell pink, cream, and robin's-egg blue. Tucked in next to the window, a caned chair and magazine rack serve as one of the room's reading spots.



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## Easy serenity

Simplicity reigns in this bedroom, where an uncluttered look and limited white, brown, and lime-green palette make for an oasislike retreat. At night, the milk chocolate wall color is cozy and enveloping. During the day, all-white bedding and window treatments keep the room bright. In a room this quiet, it only takes one dose of color to make an impact, and the tall headboard delivers.



### TRY THIS AT HOME

A small-scale writing desk at the bedside is the perfect place for jotting down midnight inspiration or checking e-mail. Hang any art low enough to be at eye level when seated at the desk.





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**TRY THIS AT HOME**  
An antique room divider used as a headboard adds texture, *left*. You could get a similar look with folding screens or salvaged barn doors.

## Snug hideaway

Take a good look at your den—you'll find a lot of its elements can turn your bedroom into a super-comfy hangout, too. For example, a pair of leather footstools act as a bench at the foot of the bed, or can be used as ottomans for the armchairs. And family photos personalize a space like nothing else can. To pull it all together, choose bedding to complement the chairs and throw pillows that easily migrate back and forth. ■



PHOTOS: ED GOHLICH; PRODUCED BY ANDREA CAUGHEY



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# Guest Services

Just in time for the holidays, these easy ideas for outfitting your guest room make hosting overnighters a welcome experience for everyone.

BY KATHY BARNES | PHOTOS HELEN NORMAN  
PRODUCED BY JANNA LUFKIN

Outfit your guests' quarters with a tray of niceties: an alarm clock, novels and guidebooks, and a carafe of water. (If guests sleep on the sofa, park the tray on the coffee table at bedtime, then whisk it away come morning.)





## Stay Put

Being a good host requires some gear. Avoid a last-minute scramble by setting up full-time homes for guest supplies such as toiletries, *below*, towels, and bedding. Store them in their designated spots when they're not in use, rather than mingled with your everyday items. When the doorbell rings, you'll be relaxed and ready, not hunting for the extra pillows.



### TRY THIS

#### Top Drawer

Think like a four-star hotel and anticipate your guests' every need. Stock a dresser drawer with necessities and fun extras that will make them feel pampered.

- 1** Label the drawer with a hangtag so overnighters know they can help themselves.
- 2** Shop your drugstore's travel aisle or online (try [minimus.biz](http://minimus.biz)) for itty-bitty versions of favorite toiletries.
- 3** Use a drawer organizer to bring order to a jumble of small items. *Everything Organizer*, \$10, [containerstore.com](http://containerstore.com)
- 4** Store washcloths and hand towels here, too, a different color for each guest to avoid bathroom mixups.
- 5** Provide a one-time-use camera so spent batteries or full memory cards don't spoil the fun. (Recycle the camera at your local photo print shop.)
- 6** Make your own mini-bar, *top*. Fill a basket with chocolate bars, bags of nuts or dried fruit, and other packaged treats for guests who need a snack.



STAIN SEEKERS™



**Problem:**  
Finding stains after  
the wash is frustrating!

**Action taken:**  
Use NEW RESOLVE IN-WASH STAIN REMOVER.  
Only RESOLVE contains STAIN SEEKERS™,  
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**Result:**

**REMOVES THE TOUGHEST  
STAINS IN EVERY WASH!**



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STAINBUSTERS LAUNDRY CASE:  
Greasy Pizza Stain

IT'S NOT WHETHER YOU WIN OR LOSE,  
*but whether there's*  
 ENOUGH TO GO AROUND.

Make everyone's day on game day. Get the party started with this favorite recipe of The Neelys.



*Mini Memphis-Style BBQ Burgers*

Prep: 15 min. | Total: 21 min. | Makes: 8 servings

WHAT YOU NEED

- |   |                                 |     |   |
|---|---------------------------------|-----|---|
| 1 | lb. lean ground beef            | 1/2 | cup coleslaw                                |
| 2 | Tbsp. finely chopped red onions | 4   | slices OSCAR MAYER Bacon, cooked, halved    |
| 4 | KRAFT Singles, halved           | 1/3 | cup BULL'S-EYE Memphis Style Barbecue Sauce |
| 8 | slider buns, toasted            |     |   |

MAKE IT

*HEAT grill to medium-high.*

*MIX meat and onions; shape into 8 patties.*

*GRILL 3 min. per side or until done; top with Singles.*

*FILL buns.*

*The Neelys – TV celebrity chefs*







Get wet towels up off the floor with a handy towel rack that fits over the door, *above left*. When the guests go, store it under the bed. *York Overdoor Towel Rack*, \$30, [containerstore.com](http://containerstore.com)

Keep an extra sheet set and blanket under the bed so guests can help themselves if needed. A lidded or zippered box, *above*, keeps them fresh and dust-free. Tuck in a lavender sachet; it'll scent the sheets and also repels moths. *Large Canvas Box with Window*, \$13, *Lowe's*

Give guests a spot to hang clothes without having to rearrange a closet. Hang an over-the-door hook, *left*, and stock it with several slim hangers plus a lightweight robe. *Over-the-Door Valet Hook*, \$7, *bedbathandbeyond.com* ■

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*Kraft Foods' goal is to donate 20 million meals.*

\*The monetary equivalent of a meal will be donated. \$1 = 7 meals secured by Feeding America on behalf of local food banks.



If you're struggling with depression, a helping hand.

### Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

That's why we'd like you to know about the Cymbalta Promise program, designed to help you get started on Cymbalta. Try Cymbalta for up to 60 days. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment.

Talk to your doctor about Cymbalta and the Cymbalta Promise program.

To learn more about the Cymbalta Promise program and to enroll, visit our website at [www.cymbaltapromise.com](http://www.cymbaltapromise.com) or call 1-877-CYMBALTA.

### Cymbalta is approved for the treatment of depression.



Partnership for  
Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit [www.pparx.org](http://www.pparx.org) or call 1-888-4PPA-NOW.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

### Important Safety Information About Cymbalta

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

### Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- Have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- Have uncontrolled narrow-angle glaucoma (increased eye pressure)

### Talk with your healthcare provider:

- About all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported





Introducing the Cymbalta Promise program.



Try Cymbalta for up to 60 days.  
If you're not satisfied, you'll get your money back.

Talk to your doctor and visit [www.cymbaltapromise.com](http://www.cymbaltapromise.com).

Restrictions apply; see terms and conditions below.

#### Important Safety Information (continued)

- About your alcohol use
- About all your medicines, including those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- If you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- Before stopping Cymbalta or changing your dose
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta
- If you are pregnant or plan to become pregnant during therapy, or are breast-feeding

#### Most common side effects of Cymbalta (this is not a complete list):

- Nausea, dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness

#### Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

#### See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

**Terms and Conditions:** Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of \$700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.



*Lilly*

# Information For Patients About Cymbalta

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

**Warning:** In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

## What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

## Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

## What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual

changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

## What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

## What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, and fibromyalgia), the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness.

**This is not a complete list of side effects.** See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at [www.cymbalta.com](http://www.cymbalta.com). Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

## What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

## How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

## General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist. Additional information can be found at [www.cymbalta.com](http://www.cymbalta.com).

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Indianapolis, IN - USA

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after you open the box. Rich Warren of the *News-Gazette* says this easy-to-use system "will flat out seduce you."

**Enjoy the acclaimed performance in so many ways.** Listen to the Wave® music system in your living room, kitchen, bedroom, wherever you want better sound. Everything you need is built in: CD/MP3 CD player, FM/AM tuner, clock and alarm. You control them all with a convenient, credit card-style remote. Connect an additional audio source if you like, and hear lifelike sound from your TV or MP3 player. An optional **Multi-CD Changer** makes it easy to listen to your favorite music for hours. As David Novak, the Gadget Guy, says, "It can easily replace whatever component system you currently have."

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BY LISE FUNDERBURG  
PHOTOS MICHAEL PARTENIO  
PRODUCED BY STACY KUNSTEL



# Premium Blend

How a couple with modern tastes fell in love with a traditional house...and made it work.

The clean lines and graphic prints of contemporary design had a firm hold on their hearts, but when Rachel Reider and Jamie Harper outgrew their Boston-area condo, they were surprised to find themselves head-over-heels for a 1910 Victorian.

Turns out, there was good news: Many architectural features were intact. And bad news: So were the home's original electrical system, plumbing, and insulation. Updating the antiquated systems took most of the couple's budget, so when it came to the decor, ingenuity, not deep pockets, saved the day.

Color was key. Rachel, an interior designer, picked wall colors to accent her furnishings, from the dining room's aubergine banquette

to the master bedroom's deep brown rug and tables. To play off the house's interior white trim, she chose dark wood for shelving, furniture legs, and cabinets.

Rachel's second modernizing secret was fabric. From animal prints to accent pillows, she didn't overlook a chance to tie her rich jewel-tone color scheme to more modern shapes and textures. Most of the furniture came from the condo; a few pieces were reupholstered with an eye toward melding styles. "In the living room," Rachel explains, "that snappy zebra fabric plays against the chair's traditional spindles."

Classic structure, fresh perspective. For this young family, it's the perfect match.



Rachel Reider and  
Jamie Harper with  
their daughter,  
Aubrey, *opposite*.

Shimmering blue silk  
douppioni draperies  
from the couple's  
former home were cut  
to fit new windows.  
Stainless-steel  
grommets were  
replaced with an aged  
brass that matches  
the home's hardware.











“You don’t have to sacrifice style—**durable but luxurious** fabrics like faux leather and microsuede are kid-friendly in disguise.”

Rachel Reider

To make the connected living room and dining room (*next page*) harmonious, Rachel carried a palette of aubergine, cream, and orange throughout, although dominant and secondary colors switched roles from room to room.



Rachel used the same mother-of-pearl ceiling fixture and dark wood accents in both the living room and dining room, *left*.

Kitchen cabinets, *opposite*, may look custom, but that's because a carpenter added cornice finishes that took the home-center stock cabinets to the ceiling.

## Spillproof Style

Rachel Reider assures skeptical clients they actually can have good design and kids under the same roof. Here's her approach:

### DOUBLE DUTY

Burnt-orange leather drums in the living room function as side tables but have removable tops for toy storage and last-minute tidying.

### FABRIC SOFTENERS

In a major step toward boo-boo-proofing, Rachel opted for an upholstered ottoman instead of a hard-edged coffee table. The ottoman's deep purple color (also on the dining banquette) hides stains well and adds lush sophistication.

### DURABLE GOODS

Faux suedes (micro- and Ultra-) are a parent's best friend. They're easy to wipe down, and they convey the richness of more delicate—and expensive—fabrics.

### PIECEWORK

Rachel is a big fan of modular carpet tiles. She used them in the master bedroom and the nursery. When—not if—the glue bottle turns over or the Play-Doh gets ground into the pile, only the affected tiles need to be replaced.







“People are nervous about using strong colors on walls, but this rich chocolate brown is **warm and cozy** to me, perfect for a bedroom.” Rachel Reider



The only spot for the couple's queen-size bed was under a narrow window. To balance the look, Rachel designed a valance and draperies that add 8 inches to either side of the window so it appears wider than the bed. ■



#### Go Online

Curious about the modern condo Rachel and Jamie left behind? See and compare it to their style now at [BHG.com/moderncondo](http://BHG.com/moderncondo)



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CUT COUPON ALONG DOTTED LINE

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# Flex Time

These days, we're all marvels of multitasking, and furniture is following suit. Designer Elaine Griffin picks 10 of the most flexible, function-packed, so-worth-the-money pieces on the market. Please *do* try these at home.

BY AMY PANOS



## 1 Console table

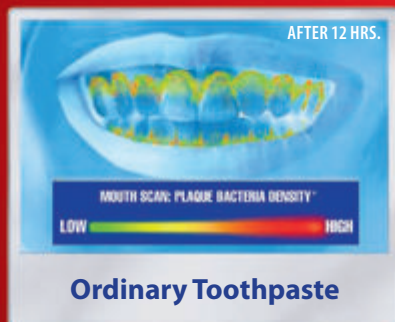
It makes a handsome desk—the center drawer has a drop front for easy keyboard access—but its overall slim proportions mean this table works lots of places. “I’d love it stationed behind a sofa or in a foyer. You could drop your keys and sunglasses in the drawer,” says designer Elaine Griffin. “The limed oak finish isn’t one you see every day, so this one gets bonus style points.” *Forecast console desk, \$799; pennsylvaniahouse.com*

PHOTO: KATHRYN GAMBLE; STYLING: HEATHER HARDT; HAIR AND MAKEUP: LINDSAY MCDONALD



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Ordinary toothpastes don't.

\*Dramatization illustrating reduction of plaque bacteria 12 hours after brushing with Colgate Total® vs. ordinary fluoride toothpaste. ©2010 Colgate-Palmolive Company



## 2 Dining cabinet

"This one gets the gold medal for smart storage," Elaine says. It has a big drop-front compartment for platters plus a pullout panel with a dowel for hanging table linens. And just imagine its potential in a home office. "You could stash supplies in all the little drawers and cover the glass doors with beautiful fabric or paper. It would give you a huge amount of storage space." *Better Homes and Gardens Present Tense display hutch, \$2,388; bhgfurniture.com*

## 3 Dining chair

"It's the little chair that could. It's perfect at the dining table, of course, but also at a desk, because those office chairs on wheels are usually not so pretty," Elaine says. Or use it in the bedroom if you want a perch for putting on shoes but don't have space for a larger upholstered armchair. *Curved upholstered chair, \$199; westelm.com*



## 4 Storage ottoman

Instead of shoving a bulky file cabinet in your closet, why not park one of these in your living room? It holds standard-size hanging files, and the casters make it easy to move. Choose from more than 100 fabrics. *File storage ottoman, \$299–\$459; ballarddesigns.com*





Your child could be

**oneless**  
 ♀ person affected by HPV disease.



## Now you can help protect both your son and daughter with GARDASIL.

**Because HPV disease can impact males and females.**

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

**GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.**


GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

### IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

  
**GARDASIL®**  
 [Human Papillomavirus Quadrivalent  
 (Types 6, 11, 16, and 18) Vaccine, Recombinant]

[gardasil.com](http://gardasil.com)

1-800-GARDASIL

**Talk to your child's doctor today.**



Having trouble paying for your Merck medicine? Merck may be able to help. Visit [merck.com/merckhelps](http://merck.com/merckhelps).

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## Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

### Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.<sup>1</sup> You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

#### What is GARDASIL?

GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

#### What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

#### Who should not get GARDASIL?

You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

#### What should I tell my health care provider before getting GARDASIL?

Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

#### How is GARDASIL given?

GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

#### Can other vaccines and medications be given at the same time as GARDASIL?

GARDASIL can be given at the same time as RECOMBIVAX HB<sup>®1</sup> [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

#### What are the possible side effects of GARDASIL?

The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

#### What are the ingredients in GARDASIL?

The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit [www.gardasil.com](http://www.gardasil.com).

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PHOTOS: MARTY BALDWIN

### 5 Cocktail table

The top slides open so you can get at the storage inside without disturbing your tabletop display. Keep throws or Wii accessories in the top compartment and board games in the bottom drawer. "Or try it at the foot of the bed for sweaters," Elaine says. "It's cedar-lined. Isn't that thoughtful?" *Chatham storage cocktail table, \$499; lanefurniture.com*



"It's the little details that make life flow. Having a table with secret storage or a nightstand with a built-in charger will make your world a happier place, not to mention a more organized one."

Elaine Griffin

**STAINS TOO TOUGH  
FOR ORDINARY  
LIQUIDS?\***



\*vs. value liquid detergents



**6 Storage cubes**

"These babies come in six colors. I promise there's one for you," Elaine says. At 18 inches cubed, they're perfect next to a sofa or chair. Pull four together for a generous coffee table. Or stack them into sleek, streamlined towers for showing off your stuff. The simple design goes with any decorating style. *Mimic cube*, \$80 each; [crateandbarrel.com](http://crateandbarrel.com)

**7 Tray table**

"Have your tea and tote it too with this chic little metal table," Elaine says. The removable tray top is great for serving, but the table also works beside a chair, a bed, or the tub to hold bath salts and a candle. *Bamboo tray table*, \$152, [simplytraytables.com](http://simplytraytables.com)



PHOTO: (CUBES) KRITSADA



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### 8 Sleeper sofa

The futon grows up and gets better-looking! This sofa pulls out to become a full-size bed. “I love the clean lines and linen-look fabric (there are seven colors of slipcovers to choose from). But the best part—and this is genius—is that the arms zip open to store pillows and bedding, so you’re always ready for an overnight guest.” *Kivik sofa bed, \$949; ikea.com*

**“When it comes to furniture, size matters but labels don’t. Regardless of what the furniture company calls a piece, ask yourself, *Where and how could this work in my home?*”** Elaine Griffin

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### 9 Dining table

"If you're one of those people who uses the dining table as a desk, this one's for you," Elaine says. The tabletop slides open to reveal two storage cubbies with dividers. Use one for office supplies and the other for silverware, napkins, and rings. The table's clean lines mean you can pair it with any style of chair. *Perspectives dining table*, \$899; [broyhillfurniture.com](http://broyhillfurniture.com)

Configure the movable dividers in the felt-lined cubbies according to what you store in them. Set up smaller sections for flatware, larger ones for a laptop and supplies.



PHOTO: MARTY BALDWIN

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**“Getting the most out of everything is the mantra du jour. The more things a piece of furniture can do, the more rooms it can work in, the more places it can go, the better!”**

**Elaine Griffin**

**10 Wedge ottoman**

“How smart is this? Each person takes a slice of the pie to sit on. Or put them all together and add a big tray for a coffee table that’s super practical, especially if it’s upholstered in leather or outdoor fabric.” *Wedge ottoman, \$568 per wedge; leeindustries.com* ■



**Go Online**

Want to see more fabulously functional furniture? Check out another round of Elaine Griffin’s expert picks at [BHG.com/elaine](http://BHG.com/elaine).

**Win a table!**

We’re giving away three of the tables shown in this story. Sign up for your chance to win at [BHG.com/win furniture](http://BHG.com/win furniture). (See rules on page 258.)

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# Happy Holiday



## 25 simple ideas to get it done... ...and beat the stress!

**1** Do whatever you can in advance. For example, set the Thanksgiving table the Sunday before; you won't have to think about tending to a wrinkled tablecloth or spotty glasses the day of.

**Donna Smallin**  
author, *The One-Minute Organizer*

**2** Ask your family what traditions they love, and what they wouldn't miss if they were gone. Focus on the favorites; nix the rest.

**Annette Joseph**  
stylist and  
entertaining expert

**3** Upgrade your gadgets. A good potato peeler, sharp kitchen shears, or measuring spoons with easy-to-see numbers make life easier. So simple.

**4** I keep a folder of favorite holiday recipes and add to it all year as I find things I may want to make. It allows me to go through all the options in one spot and put together a menu with ease.

**5** Set up a beverage station on a side table or unused counter so guests aren't coming into the busiest part of the kitchen to get drinks.

**Maryellen Krantz**  
*Better Homes and Gardens* Test Kitchen

**6** Let yourself off the hook and skip the "everything from scratch" mentality. Focus on a few things your family really loves—like homemade mashed potatoes and pumpkin pie. Go boxed, jarred, or purchased for others.

**7** A timer is key to not crashing and burning when getting your house guest-ready. Clean main rooms, a little each day, in 15-minute increments. Look for progress, not perfection.

**Marla Cilley**  
flylady.net

**8** Include an easy-to-assemble crafts project at the kids' table so young guests have something to occupy them. For fun activity ideas, turn to *page 250*.



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9

A wooden bowl filled with apples, pears, or other fruit is a quick, easy, and affordable centerpiece. A vase of branches or big leaves is also striking.

**Lulu Powers**  
chef, event planner, and  
author, *Lulu Powers:  
Food to Flowers*

**10** Serve wine from a decanter instead of the bottle. It makes a pretty presentation, and no one will be the wiser if you're serving an inexpensive vintage.

**11** Errands eat up a lot of time and energy. Streamline trips by keeping an errand to-do list on your fridge. Check it every time you head out the door so you can pick up or drop off things in the direction you're going. A hidden bonus: You'll save gas money.

**Pat Moore**, professional organizer,  
[queenofclutter.com](http://queenofclutter.com)

**12** Peel potatoes the day before the dinner, put them in a pot, and cover with water (for up to 24 hours) to prevent them from turning brown. Drain the water and add fresh before cooking—no time-consuming peeling or countertop messes on the big day.

**Jill Moberly**, *Better Homes  
and Gardens* Test Kitchen

**13** Stock up on nuts and dried fruits when they're on sale. Freeze them until you start the holiday baking and cooking.

**14** Whenever anyone asks if they can help, say "Yes, please!" Have them cut green beans, open the wine, or even bring a side dish.

**Go Online** Find make-ahead dishes at [BHG.com/holidaysides](http://BHG.com/holidaysides).

**15** Get two small turkeys instead of one large one. They cook faster and more evenly, and there's more flexibility in where they can be stored in the freezer or refrigerator.

**Elizabeth Burt**, *Better Homes  
and Gardens* Test Kitchen

**16** Follow the "layer rule" to add interest to place settings. Set the salad plate on the dinner plate, then top with a cloth napkin and a seasonal flourish such as a cinnamon stick, flower, or place card. Simple and festive!

**Jennifer Sbranti**  
[hostesswiththemoostess.com](http://hostesswiththemoostess.com)



## 17-20 How do you prepare for the holidays?

**Moms on our online community, The Motherboard, say that starting early and involving family help them get everything done. A few of their secret tricks:**

**Keep it simple.** The simpler the plan, the more you will enjoy the holiday, too.

**Go for balance.** Make a wish list of things you want to do and a reality list of the must-dos. Aim to land somewhere in the middle.

**Make homemade treats.** Believe it or not this can be a stress-release if it helps you slow down to concentrate on the making. "It keeps me centered and shows my friends and family how much I care about them," says one mom.

**Relax.** Nobody but you really cares if you get it all done. Do what you can, and everything will be fine. If you are stressed and crazy, it just makes everyone else stressed.



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## 21

A bottle of wine given to a host? Nice. A bottle of wine covered with a custom wrap? So fun! Download and print personalized labels at [BHG.com/winegifts](http://BHG.com/winegifts).



**22** Select and set out serving dishes in advance. Put a labeled index card—one for mashed potatoes, one for beans, and so forth—in each dish so you don't have to think about what goes where in the rush to get food on the table. I store my cards in a sheet protector, and reuse them the next holiday.

Marla Cilley, [flylady.net](http://flylady.net)

**23** Serving a specialty cocktail or punch is a fun and frugal alternative to stocking a bar. I freeze a big block of ice (use a plastic container) for the punch bowl so the ice melts slowly and doesn't dilute the flavor.

Linnea Johansson, event planner

**24** Let your kids set the holiday table. Mine pick the dishes, iron the napkins, and decorate. They love showing off their table as soon as guests arrive.

Lynn Blanchard, director,  
Better Homes and Gardens Test Kitchen

**25** I write out a meal plan for all the days there are guests in my house, not just the day of the big meal. That way I know I have something on hand for breakfast, or can use the leftover turkey for lunch the next day. ■

Donna Smallin  
author, *The One-Minute Organizer*

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## Signs of Life

Outside, this house takes its Colonial style seriously. Inside, it's seriously fun.

BY JODY GARLOCK | PHOTOS KIM CORNELISON  
PRODUCED BY KIRSTEN HOLLISTER

"The thread of our whole house is to have a graphic punch," says homeowner Carolyn Mitchell. Her daughter, Elinor, right, hangs out in the family room where natural wood furniture warms the modern accents, such as the pillow and art.



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## Getting Personal

The 7-foot-wide, bright red M spanning Carolyn and Jeff Mitchell's family room wall says it all: This is a couple who don't take things too seriously. "We like our house to be fun and vibrant," Carolyn says. The monogram fits right in with the other graphic punches that make the Colonial-style home anything but stuffy. As Carolyn says, "Rooms should reflect the personalities of the people who live there."



The **metal "2" sign**, *top right*, a nod to the couple and their two kids, *above*, stands out in a collage of family photos in a hallway. "For me, it doesn't matter if the photos are color or black-and-white" Carolyn says. "The similar frames make it cohesive."

Although her house is traditional in form, Carolyn isn't afraid to decorate with modern and rustic pieces. **Colorfully bold art** and a bright yellow garden stool sit comfortably in the family's living room, *right*. "If it speaks to us and it's lively, we'll work it in," Carolyn says.



### Lighten the load

In tight spaces, slender freestanding book towers squeeze in more storage. *For a similar look: Array steel bookcase, \$190; cb2.com*





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**Letter perfect**

Monogrammed bedding gives otherwise plain linens a tailored look.

In the master bedroom, the high bed allows **oversize woven baskets** to easily slide under and serve as storage space for the couple's travel books.

Transparent pieces—an acrylic chair and glass lamp, *below*—prevent a hardworking bedroom corner from looking crowded. **Fabric-free windows** also keep things light. "I'm anti-curtains," Carolyn says. "Shutters are a more clean, modern look."

## Fit for Living

With two teens and a 75-pound Goldendoodle, the Mitchells' four-bedroom home has to handle a lot—and do it in a laid-back way. "We live in absolutely every square inch of this house," Carolyn says. The master bedroom, with a writing desk instead of a nightstand on one side of the bed, is Carolyn's makeshift office. Furniture here and throughout the house keeps it casual. The rings and marks that wine glasses, soda bottles, and votive candles have left behind are "signs of a good, rich life," Carolyn says.







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## Bring It Home

Carolyn Mitchell creates her home's modern rustic look by starting with neutral foundation pieces, then adding pizzazz with found art, patterned accents, and colorful objects.



**CLEAR THINGS UP**  
Glass and see-through accessories keep rooms light and airy. *Stinson Glass Base Table Lamp, \$70; worldmarket.com*



Opposites attract in Carolyn's house, where natural wood furniture pairs with clean-line yet comfy seating. In the master bedroom, above, a slipper chair is the plop-down spot where kids chat about their day as Mom makes the bed.



**JUST YOUR TYPE**  
Numbers and letters are an easy way to personalize a room. "Look for something that relates to you in some way," Carolyn says. *Petrol numbers, \$130 (set of 6); hudsongoods.com.*



**SOFT LANDING**  
Kilim rugs and pillows are woven tapestries with a weathered look that cozy up a room. *Kilim pillow covers, \$40 each; potterybarn.com*



**SURPRISE INSIDE**  
Use an unexpected object or utilitarian piece, such as a garden stool, as a side table. *Garden stool (1254yl), \$144; decor-decor.com ■*





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## Glass Act

Whether you drink from fine crystal or everyday glass, a little TLC will keep your stemware looking its best. Yes, you can put most glassware in the dishwasher. Be sure to use a delicate wash cycle, skip the heated drying cycle, and space glasses so they won't clink. The best long-term results, though, come from washing special glassware by hand. Follow these tips to avoid chips and spots.

**1 SOFT TOUCH**  
Lay a towel in the sink before filling with hot water. Wash one glass at a time to avoid damage.

**2 LIGHT WASH**  
To keep soap from flavoring your next glass of wine, use a small amount of detergent and use it only where it's needed—in the bottom of the glass and around the rim. Cradle the bowl of the glass in one hand while washing to protect the stem.

**3 CLEAR DRY**  
After rinsing thoroughly with hot water, dry the glasses with a smooth, lint-free cloth, such as a microfiber or flour sack towel.

### Easy reach

To clean the inside of a glass, use a stemware brush with soft foam bristles. \$6; [bedbathandbeyond.com](http://bedbathandbeyond.com)

### Stain danger

Red wine can leave stains if left overnight. Rinse after use.



## DISCOVERY

**Going Undercover**

Hardworking folding tables are a must when company is coming. But how do you keep their utilitarian looks from putting a damper on the party? For a tailored look, we're drawn to this fabric cover; it's like a slipcover for your table. Designed for dining or buffet serving, the cover hides table legs and fits the tabletop snugly. It comes in three sizes to fit standard 6- and 8-foot banquet tables and 34-inch card tables and is made from machine-washable polyester. *Table covers in white or natural, \$40-\$60; tablevogue.com*

PHOTO: MARTY BALDWIN



## WHAT YOU'RE SAYING ON FACEBOOK

**Storing Special Tableware**

**Brenda Miller** I don't have a china cabinet, so I store my dishes in a plastic container with wheels under the guest room bed. Convenient, safe, and hidden.

**Carole Heun** The cupboard over my washer and dryer is huge. I use only half the bottom shelf for laundry needs and the rest is for "special" china. It's out of the kitchen and makes laundry day a little more elegant.

**Patricia Jodoin-Nelson** I store them in my large vintage picnic baskets. When the handles are down, they're stackable.

**Eileen Downey Fleming** Our house has no room to store my large serving platters; they don't stand up in the china cabinet or lie down flat in my cabinets. So I keep them under my plants in the living room, as beautiful and functional water-drip catchers. (Uh-oh! Will my mom see this post?)

For more tips, see [facebook.com/mybhg](https://www.facebook.com/mybhg).

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of ADVAIR free.\*  
And save on refills.

See your healthcare provider  
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is right for you.



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See our adjacent ad  
for more information  
about ADVAIR.

\*Subject to eligibility.  
Restrictions apply.  
See [advairCOPD.com](https://advairCOPD.com)  
for complete eligibility rules.



**ADVAIR DISKUS<sup>®</sup> 250/50**  
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)



COPD won't always keep me from spending time with my grandkids.



ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory\* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills,‡ visit [ADVAIR.com](http://ADVAIR.com) or call 1-800-520-4197.

## Important Safety Information

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.
- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms. Do not use ADVAIR DISKUS if you have a severe allergy to milk proteins. Ask your doctor if you are not sure. Do not use ADVAIR with long-acting beta<sub>2</sub>-agonists for any reason.
- People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur.
- Tell your doctor about the medicines you take and about all of your medical conditions. Some people may experience increased blood pressure, heart rate, changes in heart rhythm, or chest pain with ADVAIR.

\*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See [advairCOPD.com](http://advairCOPD.com) for eligibility rules.

**Please see accompanying important information about ADVAIR DISKUS.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



If you don't have prescription coverage and can't afford your medicines, visit [GSKforYou.com](http://GSKforYou.com) or call 1-866-GSK-FOR-U (1-866-475-3678).

**ADVAIR DISKUS<sup>®</sup> 250/50**  
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)



# ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder)

BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

## **What is the most important information I should know about ADVAIR DISKUS?**

ADVAIR DISKUS can cause serious side effects, including:

1. People with asthma who take long-acting beta<sub>2</sub>-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
  - breathing problems worsen quickly and
  - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

## **What is ADVAIR DISKUS?**

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

### **Asthma**

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who:

- are well controlled with another asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine
- have sudden asthma symptoms.

### **COPD**

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

## **Who should not use ADVAIR DISKUS?**

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD

- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

## **What should I tell my healthcare provider before using ADVAIR DISKUS?**

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

## **How do I use ADVAIR DISKUS?**

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

## **Call your healthcare provider or get medical care right away if:**

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

## **What are the possible side effects with ADVAIR DISKUS?**

- ADVAIR DISKUS can cause serious side effects, including:
- **See What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

### **Asthma:**

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

### **COPD:**

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at [www.advaair.com](http://www.advaair.com).



## 3 WAYS TO DO IT BETTER

**Take Care of Everyday Messes**

Lisa Quinn, author of *Life's Too Short to Fold Fitted Sheets*, offers these quick cleanup tips using what you have on hand.

**1** Put ordinary white candles to use for more than romantic dinner lighting. Rub them on bathroom grout to shield against mold and mildew. While you're there, take an Alka-Seltzer tablet from your medicine cabinet and drop it in your toilet bowl for a quick, fizzy clean.

**2** Icky buildup on the face of your iron? Lay out a piece of aluminum foil, and iron it. The buildup will stick to the foil. You can also use foil to dispose of cooking grease. Line a cup with foil and pour in the grease. Once the grease has solidified, seal it in the foil and throw the package away.

**3** Tackle spilled food in the oven right away by pouring table salt over it. The salt will form a crust that makes the food easy to wipe up. It also reduces the burning smell.

*From Life's Too Short to Fold Fitted Sheets (Chronicle Books, 2010)*



## LIVING GREEN

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Rechargeable batteries are the ideal way to power most household items. But for flashlights and smoke detectors, some experts recommend single-use batteries because most can sit idle longer. They're also fine for clocks and remote controls, which use little power. No local battery recycling program? Look for batteries without harmful metals, such as Enviro-Max ([greenfuji.com](http://greenfuji.com)). ■



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# garden

INSPIRATION TO GROW ON

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# Fall Finale

A backyard garden cranks up the autumn color, creating a vibrant backdrop for a family's outdoor revelry.



BY KAREN WEIR-JIMERSON | PHOTOS BOB STEPKO | PRODUCER SHIRLEY REMES | STYLING KAREN JOHNSON



A photograph of a person with long brown hair, wearing a pink vest over a green long-sleeved shirt and blue jeans, sitting on a wooden bench. They are looking towards a garden filled with vibrant autumn foliage. In the background, a fire is burning in a metal fire pit. The foreground is dominated by out-of-focus, bright red and orange leaves, creating a bokeh effect. The overall scene is a peaceful autumn garden setting.

Prompted by the cool nights of late summer and early autumn, serviceberries turn a glowy orange.



When Diane Knippen's family returns from their annual summer escape to the lake, vacation isn't over. An inviting, wide-open brick patio at their Inverness, Illinois, home beckons everyone outside for a little more together time. From every seat in the backyard, they can revel in autumn splendor.

The color show comes courtesy of Chicago-area landscape designer Vallari Talapatra. "Diane gave me a fall target time for color," Talapatra says. "And I selected plants for dramatic fall effect."

Drama indeed. When the temperature is perfect for outdoor lingering, colorful foliage and flowers emerge to join the party. Talapatra painted the landscape with the showiest of autumn offerings: pastel asters, white *Boltonia*, grapy 'Matrona' sedum, and mums in all hues. And she added soft textural flourishes. "A key element with fall garden impact is ornamental grasses," Talapatra explains. They answer Diane's request for a naturalistic look, providing fountains of foliage and color—as well as structure lasting



Joe and Diane Knippen enjoy the garden's mix of fall bloomers, flashy trees, and rustic grasses.

**"I hoped to create some private space.**

**We have a large yard, and it's nice to have little cozy spots within the big expanses of openness."**

**Diane Knippen**





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\* ACI Custom Research, Sept. 2006.

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**The garden connects the Knippens' house to their well-used brick patio, left, which rests at the bottom of a slope.**

**Grasses offer matchless looks in fall and remain standing through winter, adding structure to barren gardens. Below, dwarf fountaingrass, purple sedum, and astilbe mingle casually.**

through winter. Talapatra chose from her list of favorites: the copper tassels of *Miscanthus* 'Morning Light', the lavender seed heads of *Pennisetum* 'Karley Rose', and the stand-up-straight growth habit of *Calamagrostis x acutiflora* 'Karl Foerster'. Trees and shrubs, including Japanese maple, *Fothergilla*, and serviceberry, reinforce the fall color and add architecture to the winter scenery.

The Knippens make the most of it, taking time for an afternoon picnic on the patio or an evening stroll down a stone path, followed by a chat session in relaxing armchairs. "I'm not around in July, so I don't need a garden that blooms year-round," Diane says. "I wanted autumn beauty." And that's exactly what this garden delivers.





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“We’re not around in July—we go on vacation. I wanted things blooming in autumn, when we were back at home.”

Diane Knippen



## Ramp Up Autumn Color

Perennials, trees, grasses, and shrubs all bring pizzazz to fall gardens. These plants grow in the Knippen garden; see more examples at [BHG.com/fallfinale](http://BHG.com/fallfinale).

### PERENNIALS

‘Matrona’ sedum, *top right*, is an easy-to-grow fall-blooming perennial. Others include aster, mum, and goldenrod.

### SMALL TREES

Japanese maple, *middle right*, is the standard for fall color; dogwood and serviceberry also set landscapes ablaze.

### GRASSES

Dwarf fountaingrass, *bottom right*, is one of many grasses that shine in fall. Grasses look great with nearly all perennials.

### SHRUBS

Fothergilla, *left*, glows in fall. Burning bush (*Euonymus alata*) and viburnum are two other no-fail shrubs for fall color. ■



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# Drama Queen

Designer Laura Crockett, known as the Garden Diva, shares lessons for creating alluring landscapes.

BY ERIC LISKEY

PHOTOS JON JENSEN AND JANET LOUGHERY

With a weakness for found objects and a knack for putting them to good use in gardens, Laura Crockett creates intriguing landscapes piece by piece.





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**To find out more, visit [lysol.com/missionforhealth](http://lysol.com/missionforhealth)**







## Splurge on Hardscaping

“Homeowners often downgrade an important hardscape component to save money,” Laura says. Installing gravel instead of stone pavers and leaving out a water feature are two examples. “But,” she says, “I’ve never had a client disappointed by paying for higher quality.” That’s why Laura suggests stretching budgets to get the best hardscaping up front. “Other things can be phased in, but it’s difficult to upgrade hardscaping later.”



Laura’s own garden, *above*, sports a concrete-and-glass water feature (center of photo). “That was a big expense for me,” says Laura. “But it’s a garden jewel—it was worth every dime.”

A salvaged decorative stone border, *left*, gives a flowerbed edge far more flair than off-the-shelf edging.



# An important vaccination schedule update for children 15 months to 5 years of age.

Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.



Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.



The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Pevnar 13™, to cover six more strains including the most common one threatening young children today.\*



\*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Pevnar 13™. It's not known how medically important this difference is.

## INDICATION FOR PREVNAR 13™

- Pevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Pevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

## IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Pevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Pevnar 13™, Pevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM<sub>197</sub> Protein]), or any diphtheria toxoid-containing vaccine.
- Pevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Pevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Pevnar 13™ and Pevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Pevnar 13™. Only a health care provider can decide if Pevnar 13™ is right for your child.

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088. Please see Brief Summary of Prescribing Information on reverse side.*



**FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO [WWW.PREVNAR13.COM/UPDATE](http://WWW.PREVNAR13.COM/UPDATE)**

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Printed in USA/May 2010

# IMPORTANT FACTS



Prev • nar 13

## ABOUT PREVNAR 13™

- Prevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

## BEFORE STARTING PREVNAR 13™

**Tell your child's health care provider about all of your child's medical conditions, including:**

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13™.

**Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.**

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

## WHO SHOULD RECEIVE PREVNAR 13™?

- Prevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Prevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- **Transition schedule:** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM<sub>197</sub> Protein]) may complete the 4-dose immunization series with Prevnar 13™.
- **Catch-up Schedule:** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

## WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13™, Prevnar®, or any diphtheria toxoid-containing vaccine.

## POSSIBLE SIDE EFFECTS OF PREVNAR 13™

**Prevnar 13™ may cause serious side effects including:**

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

**The most common side effects of Prevnar 13™ are:**

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13™. For a complete list, ask your child's health care provider.

## NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to [www.pneumovax13.com](http://www.pneumovax13.com) or call 1-800-666-7248.

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc.

Marketed by Pfizer Inc. 

Rx only





## Focus on Foliage

Flowers are nice, but Laura prefers plants with interesting qualities other than blooms. Varieties with colorful leaves and distinctive shapes fill her garden, as do contrasting pairings of dark and light colors, and fine and coarse textures. “Gardens that rely on foliage still have a seasonal look that changes through the year, but the basic design stays intact even with or without flowers,” she says. “It’s also a more subtle palette and a more sophisticated look.”



Plants with strong form such as spiky New Zealand flax and arching Mexican feathergrass, above, make eye-catching statements, sans flowers.

Pairing plants with contrasting foliage, such as purple hen-and-chicks and green *Euphorbia*, left, boosts a garden’s impact.



### Go Online

For more plants with beautiful foliage, go to [BHG.com/bestfoliage](http://BHG.com/bestfoliage).



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## garden | stylemaker



## Use Found Objects Creatively

Homeowners love to place odds and ends in their landscapes. “There’s always a great story that goes with found objects—where they found them, how they got them home,” Laura says. But people often don’t do it well. “When you disperse objects singly all over the garden, it looks junky. Instead, create compositions. Use pieces of varying heights and sizes, grouped in a pleasing way, and then it’s art. And if it doesn’t fit, don’t use it.”



Salvaged concrete pavers and broken culvert parts, *right*, are assembled to form an unusual stepped path in Laura's garden.

Laura groups and rearranges scrap metal, *opposite*, until she arrives at a pleasing composition. ■

### Video Online

Experience the sights and sounds of Laura's garden as she shares the stories behind her creations at [BHG.com/Crockett](http://BHG.com/Crockett).



For buying information see page 256.



## If you could take fewer pills, why wouldn't you?

When it comes to arthritis\* and body pain relief, you can take fewer pills with Aleve®. Just two Aleve have the strength to last all day. That would take four times as many Tylenol.\*†

**Two pills. All-day relief.**

For a coupon to try Aleve, visit [aleve.com](http://aleve.com)

\*Use as directed for minor arthritis pain. †Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours. ©2010 Bayer HealthCare LLC.





**Sometimes, the best defense is a good offense.**

Cold and flu season is around the corner. Luckily, Lysol® Disinfectant Spray is approved to kill more germs than any other disinfectant spray,\* eliminating 99.9% of bacteria and viruses.\*\* It also works on both hard and soft surfaces.\*\*\* It's just another way Lysol does more for you, no matter the season.

For tips on a healthy home,

visit [lysol.com/missionforhealth](http://lysol.com/missionforhealth)



\*Based on approved EPA Master Labels.

\*\*When used as directed.

\*\*\*Kills 99.9% of bacteria on soft surfaces in 30 seconds as a spot treatment.

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# Compost Made Simple

Replenish your garden soil organically with homemade compost, the rich and crumbly-as-chocolate-cake product of decomposed plants.

BY JANE AUSTIN MCKEON | PHOTOS MARTY BALDWIN  
PRODUCED BY JARRET EINCK







## The Dirt On Making Compost

Dead plants rot. It's that simple. To give nature a hand, follow these steps.

- 1** Chop garden clippings by running over them with a mower that has a bag attachment.
- 2** Layer or mix green (fresh) and brown (dry) materials. See page 132 for garden and kitchen scraps you can compost.
- 3** Moisten materials, *below*, as you add them to make the contents damp, but not soggy.
- 4** As soon as one bin is full, let this pile "cook." (The interior temperature will reach 140–160°F.) Turn the pile, *above*, once a week to blend outer ingredients into the hotter center.

## Free Fertilizer

No frugal gardener would turn down the gift of plant food. But that's what we do every time we place a bag of yard trimmings at the curb. Save the cost of store-bought fertilizers by turning garden debris into nutrient-packed compost. We built a twin compost bin by bolting together five wood pallets (available free at many lumberyards), *above*. Toss in your yard and kitchen waste, and you'll have garden-ready compost within a matter of weeks.







©2009 The Clorox Pet Products Company.

Cats everywhere are having a hard time smelling their litter boxes.



[freshstep.com](http://freshstep.com)



## What can I compost?

You might be surprised how much everyday stuff can be composted, including a lot of the waste normally dumped down the kitchen sink.

### AFTERMATH

## Brown + Green = Black Gold

The best compost “recipe” includes a combination of carbon-rich brown materials (dry leaves, plant stalks, pine needles, small twigs, wood shavings, shredded newspaper) and nitrogen-rich green materials (fresh leaves, lawn clippings, fruit and vegetable scraps, eggshells, coffee grounds, tea bags). Carbon is the spark that starts the composting process. Nitrogen fuels the microorganisms that decompose materials. Try to add about three times as many brown materials as green materials. Do not compost meat, bones, animal waste, dairy products, diseased plants, seeded weeds, plants treated with herbicides or pesticides, or any inorganic material. Keep adding kitchen scraps during the winter months. They’ll decompose when the weather warms.



### Go Online

For more information on composting go to [BHG.com/compost](http://BHG.com/compost).

For buying information see page 256.



## Humalog® KwikPen™ is so portable...

...you might not carry it this way, but you almost could.

### Could you do this with your vial and syringe?

Mealtime insulin doesn't have to stop you from living your life. No more drawing up to measure the correct insulin dose. No need for refrigeration once it's been used. Humalog KwikPen is truly portable, so you can take it just about anywhere. And it comes prefilled with Humalog mealtime insulin. Ask your healthcare provider if Humalog KwikPen is right for you.

**Take the attached card to your healthcare provider to ask for a prescription for 5 FREE pens. Go to [KwikPen.com](http://KwikPen.com) for more information.**

### Who should use Humalog?

Humalog (insulin lispro injection [rDNA origin]) is for people with diabetes to control high blood sugar and should be used with a longer-acting insulin, except when used with sulfonylureas in people with type 2 diabetes.

### Important safety information

#### Who should not take Humalog?

Humalog should not be used during episodes of low blood sugar (hypoglycemia) or if you are allergic to anything in Humalog.

#### What is Humalog?

Humalog is an injectable, fast-acting insulin. Humalog starts working faster than other insulins that contain regular human insulin. Take Humalog within 15 minutes before eating or right after eating a meal. Check your blood sugar levels as told by your healthcare professional.

#### How should I use Humalog?

If you have type 1 diabetes, you need to take a longer-acting insulin in addition to Humalog (except when using an external insulin pump). If you have type 2 diabetes, you may be taking diabetes pills and/or a longer-acting insulin in addition to Humalog.

#### Precautions

The safety and effectiveness of Humalog in patients less than 3 years of age have not been established. There are no adequate and well-controlled clinical studies of the use of Humalog in pregnant or nursing women.

#### Low blood sugar

Low blood sugar is the most common adverse effect associated with insulins, including Humalog. Low blood sugar can happen suddenly, and symptoms may be different for each person and may change from time to time. Know your symptoms of low blood sugar. Severe low blood sugar can cause seizures and be life threatening. Follow your healthcare professional's instructions for treating low blood sugar. Talk to your healthcare professional if low blood sugar is a problem for you.

#### Other side effects

Other potential side effects associated with the use of insulins include: low blood potassium, weight gain, changes in fat tissue at the injection site, and allergic reactions. Allergic reactions can happen at the site of injection and over the whole body. Whole-body allergic reactions are less common, but may be life threatening.



### Select safety information

Starting or changing insulin therapy should be done cautiously and only under medical supervision.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.

See Patient Information, including storage information, on following page. For complete instructions, see full user manual that comes with your pen.



If you need assistance with prescription costs, help may be available. Visit [www.pparx.org](http://www.pparx.org) or call 1-888-4PPA-NOW.

**Humalog**  
**KwikPen™**  
insulin lispro injection (rDNA origin)

# Patient Information

## Humalog® (HU-ma-log)

### insulin lispro injection, USP (rDNA origin)

#### Important

**Know your insulin.** Do not change the type of insulin you use unless told to do so by your healthcare provider. Your insulin dose and the time you take your dose can change with different types of insulin.  
Make sure you have the right type and strength of insulin prescribed for you.

Read the Patient Information that comes with Humalog before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your diabetes or treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have questions about managing your diabetes.

#### What is Humalog?

Humalog is an injectable fast-acting man-made insulin. Humalog is used to control high blood sugar (glucose) in people with diabetes.

#### Humalog comes in:

- 10 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL prefilled pens
- 3 mL cartridges for use with a reusable pen or external insulin pump

#### Who should not take Humalog?

##### Do not take Humalog if:

- your blood sugar is too low (hypoglycemia). After treating your low blood sugar, follow your healthcare provider's instructions on the use of Humalog.
- you are allergic to anything in Humalog. See the end of this leaflet for a complete list of ingredients in Humalog.

##### Tell your healthcare provider:

- **about all your medical conditions.** Medical conditions can affect your insulin needs and your dose of Humalog.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. Humalog has not been studied in pregnant or nursing women.
- **about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements.** Many medicines can affect your blood sugar levels and insulin needs. Your Humalog dose may need to change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show to all of your healthcare providers.

#### How should I use Humalog?

Humalog can be used with a syringe, prefilled pen, reusable pen or external insulin pump. Talk to your healthcare provider if you have any questions. Your healthcare provider will tell you the right syringes to use with Humalog vials. Your healthcare provider should show you how to inject Humalog before you start using it.

- **Read the User Manual that comes with your Humalog prefilled pen and the manufacturer's instructions that comes with your external insulin pump. Use Humalog exactly as prescribed by your healthcare provider.**
- **If you have type 1 diabetes, you need to take a longer-acting insulin in addition to Humalog (except when using an external insulin pump).**
- **If you have type 2 diabetes, you may be taking diabetes pills and/or a longer-acting insulin in addition to Humalog.**
- **Humalog starts working faster than other insulins that contain regular human insulin.** Inject Humalog within fifteen minutes before eating or right after eating a meal.
- **Check your blood sugar levels as told by your healthcare provider.**
- Look at your Humalog before using. Humalog should be clear, have no color and look like water. If your Humalog is cloudy, thickened, even slightly colored, or has solid particles or clumps in it, do not use. Return it to your pharmacy for new Humalog.
- Humalog can be mixed with a longer-acting human insulin, but only if you are told to do so by your healthcare provider. If you are mixing two types of insulin, always draw Humalog into the syringe first. Talk with your healthcare provider about how to properly mix Humalog with a different insulin.
- Humalog can be used in an external insulin pump either by withdrawing Humalog from a vial or using a 3 mL Humalog cartridge that is inserted into the pump.
- Humalog was tested with MiniMed®<sup>1</sup> Models 506, 507, and 508 insulin pumps using MiniMed Polyfin®<sup>1</sup> infusion sets. Humalog was also tested with the Disetronic®<sup>2</sup> H-TRONplus®<sup>2</sup> V100 insulin pump (with plastic 3.15 mL insulin reservoir), using the Disetronic Rapid®<sup>2</sup> infusion set.
- A Humalog cartridge used in the D-TRON®<sup>2</sup> or D-TRONplus®<sup>2</sup> pump, may be used for up to 7 days. Humalog in the external insulin pump reservoir and the complete infusion set should be replaced and a new infusion site selected every 48 hours or less.
- Humalog in an external insulin pump should not be exposed to temperature above 98.6°F (37°C), such as in a sauna or hot tub, hot showers, direct sunlight, or radiant heaters.
- **Inject your dose of Humalog under the skin of your stomach area, upper arm, upper leg, or buttocks. Never inject Humalog into a muscle or vein.**
- **Change (rotate) your injection site with each dose.**
- **Your insulin needs may change because of:**
  - illness
  - stress
  - other medicines you take
  - changes in eating
  - physical activity changes

Follow your healthcare provider's instructions to make changes in your insulin dose.

- **Never dilute or mix Humalog with another insulin in the same prefilled pen, cartridge or external insulin pump.**
- **Always carry a quick source of sugar to treat low blood sugar, such as glucose tablets, hard candy, or juice.**

#### What are the possible side effects of Humalog?

**Low Blood Sugar (Hypoglycemia).** Symptoms of low blood sugar include:

- hunger
- dizziness
- feeling shaky or shakiness
- lightheadedness
- sweating
- irritability
- headache
- fast heartbeat
- confusion

Low blood sugar symptoms can happen suddenly. Symptoms of low blood sugar may be different for each person and may change from time to time. Severe low blood sugar can cause seizures and death. Low blood sugar may affect your ability to drive a car or use mechanical equipment, risking injury to yourself or others. Know your symptoms of low blood sugar. Low blood sugar can be treated by drinking juice or regular soda or eating glucose tablets, sugar, or hard candy. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.

- **Serious allergic reactions** (whole body allergic reaction). Severe, life-threatening allergic reactions can happen with insulin. Get medical help right away if you develop a rash over your whole body, have trouble breathing, wheezing, a fast heartbeat, or sweating.
- **Reactions at the injection site** (local allergic reaction). You may get redness, swelling, and itching at the injection site. If you keep having injection site reactions or they are serious, you need to call your healthcare provider. Do not inject insulin into a skin area that is red, swollen, or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** This can happen if you don't change (rotate) your injection sites enough.

These are not all the side effects from Humalog. Ask your healthcare provider or pharmacist for more information.

- **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.**

#### How should I store Humalog?

- **Store all unopened (unused) Humalog in the original carton in a refrigerator at 36°F to 46°F (2°C to 8°C).** Do not freeze.
- Do not use Humalog that has been frozen.
- Do not use after the expiration date printed on the carton and label.
- Protect Humalog from extreme heat, cold or light.

#### After starting use (open):

- **Vials:** Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days. Keep open vials away from direct heat or light. Throw away an opened vial 28 days after first use, even if there is insulin left in the vial.
- **Cartridge and Prefilled Pens:** Do not store a cartridge or prefilled pen that you are using in the refrigerator. Keep at room temperature below 86°F (30°C) for up to 28 days. Throw away a cartridge or prefilled pen 28 days after first use, even if there is insulin left in the cartridge or the pen.

#### General information about Humalog

Use Humalog only to treat your diabetes. Do not share it with anyone else, even if they also have diabetes. It may harm them.

This leaflet summarized the most important information about Humalog. If you would like more information about Humalog or diabetes, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about Humalog that is written for health professionals.

For questions you may call 1-800-LillyRx (1-800-545-5979) or visit [www.humalog.com](http://www.humalog.com).

#### What are the ingredients in Humalog?

**Active ingredient:** insulin lispro.

**Inactive ingredients:** glycerin, dibasic sodium phosphate, metacresol, zinc oxide (zinc ion), trace amounts of phenol and water for injection.

<sup>1</sup> MiniMed® and Polyfin® are registered trademarks of MiniMed, Inc.

<sup>2</sup> Disetronic®, H-TRONplus®, D-TRON®, D-TRONplus and Rapid® are registered trademarks of Roche Diagnostics GMBH.

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Patient Information revised September 2, 2009

PV 5561 AMP

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**Pens manufactured by**  
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**Lilly France, F-67640 Fegersheim, France**  
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**for Eli Lilly and Company, Indianapolis, IN 46285, USA**  
**[www.humalog.com](http://www.humalog.com)**

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# Compost Bins for Small Yards

Short on space? Toss your refuse in a compost bin. Some are stationary. Others tumble or rotate. All cook up quick batches of rich fertilizer.



## Take it for a spin

The EComposter Model STC33301 turns as much as 71 gallons of waste into usable compost in 4-6 weeks. \$170; [walmart.com](http://walmart.com)



## Stack it up

Add another interlocking section to the Eco Stack Composter as materials pile up. Holds 60 gallons. \$119; [gardeners.com](http://gardeners.com)



## Tumble it

Vented lids aerate materials when the Tumbleweed Compost Tumbler is rotated. Holds 60 gallons. \$220; [compostbins.com](http://compostbins.com)

PHOTOS: BLAINE MOATS

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[BlueDiamond.com](http://BlueDiamond.com)



## Bird Buffet

### One in five Americans

(48 million of us) are backyard bird-watchers, according to the American Bird Conservancy. Now that's something to tweet about! What's the best way to bring in the birds? Provide the food they love. Human handouts help sustain birds during winter months when natural sources are scarce. Here's how to start catering to avian appetites this fall.

#### Fast food

Birds quickly become feathered fans of a feeder kept replenished with a high-energy seed mix, such as Cole's Nutberry Suet Blend. [coleswildbird.com](http://coleswildbird.com)

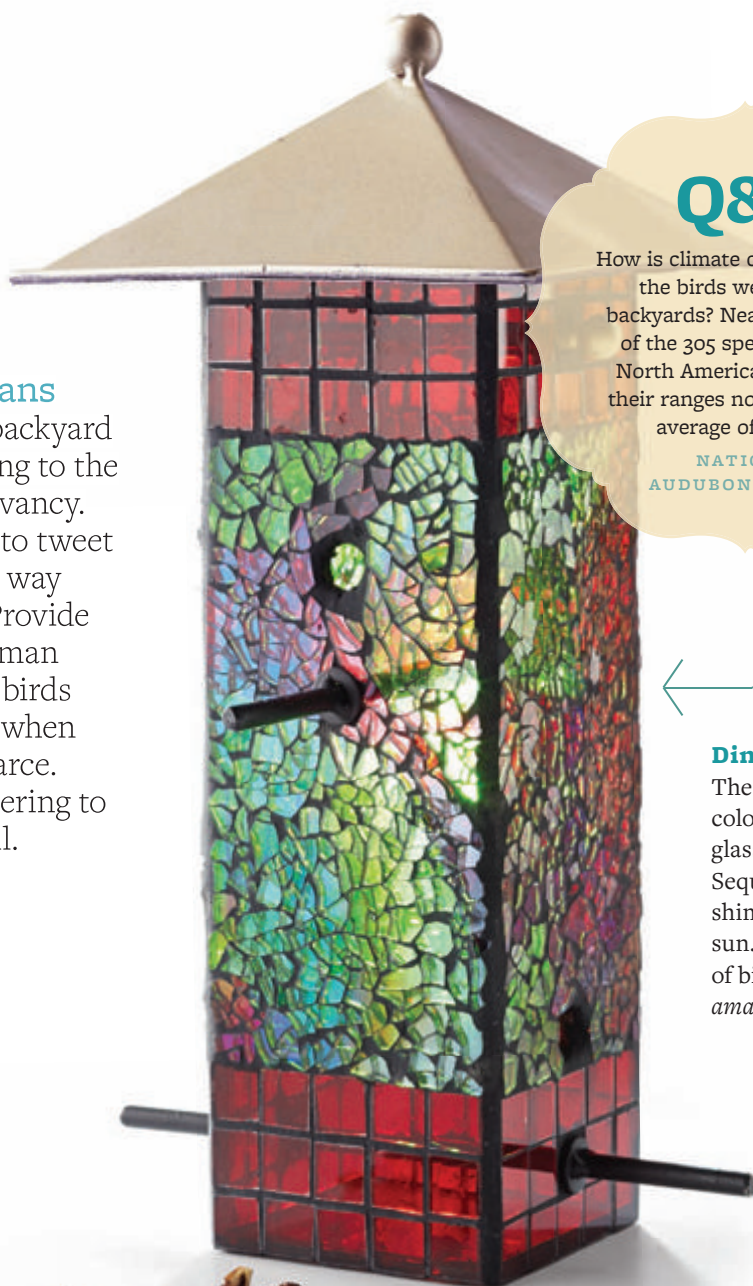
### Q&A

How is climate change affecting the birds we see in our backyards? Nearly 60 percent of the 305 species found in North America have shifted their ranges northward by an average of 35 miles.

NATIONAL  
AUDUBON SOCIETY

#### Dining in style

The mosaic of colorful recycled glass in BirdBrain's Sequin Bird Feeder shimmers in the sun. Holds 1 pound of birdseed. \$33; [amazon.com](http://amazon.com)



**1 PICK A FEEDER** Tray, hopper, tube, *above*, and suet feeders attract different types of birds. Choose one that appeals to your favorites. To attract the greatest array, select one of each.

**2 FILL IT UP** A birdseed blend that contains hulled sunflower seeds, white proso millet, and niger (Nyjer) appeals to most birds. A suet feeder will satisfy the rest.

**3 HANG IT IN VIEW** Place feeders a foot or two from a window. Not only does it make good viewing, it's safer for birds—if startled, a low-speed run-in with the glass won't harm them.

**4 KEEP IT CLEAN** Wash feeders every week or two in hot, soapy water. (Moldy or decomposing seeds can make birds sick.) Dry thoroughly before refilling with fresh seed.





TM

# Sinus Pressure Relief



Use as directed.

## For fast, long-lasting relief, deflate mucus.

When mucus causes sinus pressure and congestion, the pressure can be unbearable. Maximum Strength Mucinex® D breaks up mucus and relieves sinus pressure and congestion to give you long-lasting 12-hour relief. So send mucus packing with Maximum Strength Mucinex D.

# Mucinex®

Mucinex in. Mucus out.®

Available at the pharmacy counter.



# Kill crow's feet.

XXXXXXXXXXXXXXXXXXXX

## New StriVectin-SD Collection.

After 30 global patents, 25 years of scientific study including DNA skin cancer prevention, and numerous clinical trials, comes a re-engineered formula that includes greater peptide power and patented NIA-114™. For you this means a super-charged way to aggressively fight deep wrinkles and stretch marks, enhance firmness and protect skin quality. Clinically proven for week-by-week results. No empty promises or hype. **More science. Less wrinkles.™**

**Get your FREE 10 day supply of StriVectin-SD® Scrub (.75 oz.) with the purchase of StriVectin-SD® at participating retailers, [strivectin.com](http://strivectin.com) or by calling 1-800-457-6374. While supplies last.**

## StriVectin-SD®

8% NIA-114 + Peptide Actives™

We love our animals. No animal testing allowed.

Available at Sephora, Bloomingdale's, Carson Pirie Scott, Ulta, Lord & Taylor, Dillard's and Nordstrom.







## DEBRA'S GARDEN

**Front Door Decor**

Dress up your entry with natural touches that create a festive welcome. Choose a spacious container to accommodate an assortment of potted plants and cuttings that stay fresh all season. This galvanized metal tub, *left*, features fountaingrass (*Miscanthus sinensis* 'Autumn Light'), golden Hinoki cypress (*Chamaecyparis* 'Crippsii'), and a glossy-leaf Oregon grapeholly (*Mahonia*). After arranging the pots, insert cut rose hips or clusters of fall leaves wired at the stem. Water pots regularly. For a gallery of my favorite seasonal ideas, visit [debraprinzing.com](http://debraprinzing.com).



**“The living ingredients in a fall container will survive winter if you transplant them to the garden before the ground freezes.”**

**Debra Prinzing**  
contributing editor

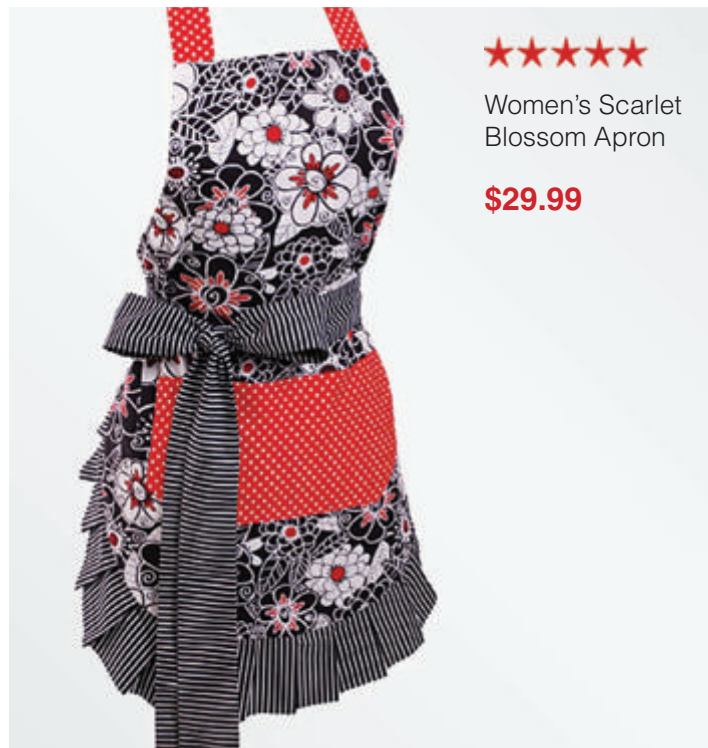
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Windex® Multi-Surface lets you keep up with messes right when they happen. Windex® Multi-Surface. Keep up.

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★★★★★

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and Black  
6-light Crystal  
Chandelier

**\$149.99**



★★★★★

KitchenAid  
Red 5-quart  
Professional  
Mixer

**\$209.99**



★★★★★

Rogers 9-piece  
Stainless Steel  
Cutlery Set

**\$31.99**

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#### YARD GOODS

### Roots in Cahoots

Root veggies, such as onions, potatoes, and turnips, stay fresh for weeks after harvest in this sturdy 18×12½×8½-inch steel wire bin, *right*. Layer carrots and beets in sand or sawdust to prolong storage life. The jute liner permits good air circulation. Keep in a cool, dark location. \$30; [gardeners.com/bhg](http://gardeners.com/bhg) ■



#### WISDOM

After autumn passes and winter sets in, take a bird's-eye view of the garden while its bones are bare. Sketch out those planting plans that came in the heat of a summer moment, before they drift into winter hibernation.

**Jane McKeon**  
senior associate editor

A woman cleaning a kitchen counter with Windex Multi-Surface cleaner. A splash of liquid is shown on the counter.

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## IT MOMS™

Holly Resnick (left) & Marni Renison (right) from the nationally syndicated show *"Better"* with their children

Savvy moms who know how to keep busy households running smoothly



## TIPS TO TAKE A LOAD OFF

### Tips for easing holiday hustle:

#### START EARLY:

Pick out table linens in advance. Use easy-care fabrics and remove from dryer promptly so you won't have to iron.

#### REDUCE CLUTTER:

Keep organized by storing holiday linens with decorations.

#### RECRUIT HELPERS:

Kids can help by setting the table.

#### STOCK UP:

Keep extra clean towels and linens on hand for unexpected guests—there is always one!

#### AVOID FASHION FRENZY:

Keep an extra outfit ready in case kitchen splatters stain your clothing just before guests arrive.

**PLAN AHEAD:** Put a **Bounce Dryer Bar** in place now so the recurring dryer sheet "to do" is crossed off your list for about 2, 3 or 4 months\*—the entire holiday season.

# A FEAST OF CHORES

The holidays are right around the corner, bringing extra guests and extra work. With increased demand for fresh sheets, towels and table linens, laundry goes well beyond your already-crushing loads.

With lots of experience in managing busy families, Holly and Marni agree that advance planning can help you have a stress-free holiday.

During this hectic season, the last thing you should worry about is laundry supplies. That's why the **Bounce Dryer Bar** is a "must have." Put the dryer bar in place before the holidays hit, and have peace of mind that laundry will be fresh and virtually static-free for about 2, 3 or 4 months.\* Here's what a few women said when given a Bounce Dryer Bar and asked some questions about it:



"I ENJOYED USING THE BOUNCE DRYER BAR. I LOVED THE CONVENIENCE OF NOT HAVING TO INSERT A DRYER SHEET WITH EVERY LOAD OF LAUNDRY."

- Loretta B. of Baton Rouge, LA

"I LIKE THE CONVENIENCE OF IT... CLOTHES COME OUT SOFT."

- Laurie A. of Eagan, MN

"IT'S EASY TO PUT IN THE DRYER AND NICE THAT I DON'T HAVE TO REMEMBER THE FABRIC SOFTENER EVERY TIME I DO THE LAUNDRY."

- Cindy M. of Cambridge, MA



BetterTV.com

Log on to **bettertv.com** to see Holly and Marni in action and for great ideas on surviving the holidays.

\*Lasts about 2, 3 or 4 months depending on the size of the bar, frequency of use, and dryer settings.



**“YOU DON'T HAVE TO  
REMEMBER TO PUT THE  
SHEET IN THE DRYER.”**

**“I LOVE THE SMELL...  
IT'S LIGHT, IT'S FRESH.”**

**- Rachel, Denver CO**

Rachel was given a Bounce dryer bar to try it out on her family of five. She was asked to answer a few questions, and above is just a portion of what she said. She loved the whole idea of stick it and forget it.



Share your stories at  
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N  
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A

I DON'T LIE ABOUT MY AGE.  
**MY SKIN DOES.**

- JACQUELINE BISSET, ACTRESS

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# style

LOOK GOOD, FEEL GOOD

## SPICE GIRL

A good curry has layers of flavors, notes Maya Kaimal, creator of a premium line of South India-inspired sauces bearing her name. We're savoring the fact that we can bring her good taste home to season our wardrobes with rich shades of turmeric, cinnamon, and zesty red chile.

Menswear-inspired classics look especially sharp in our new favorite straight-from-the-spice-rack shades. Modern wool funnel jacket, Ann Taylor, \$228; [anntaylor.com](http://anntaylor.com). Color-block bateau sweater, The Limited, \$50; at The Limited stores. Wide-leg wool trouser, Loft, \$80; [loftonline.com](http://loftonline.com). Leather cuff, R.J. Graziano, \$85; 212/685-1248. Chain bracelet, Kenneth Cole, \$28; at Macy's stores. Kendra oxford pump, Ann Taylor, \$198; [anntaylor.com](http://anntaylor.com)

BY KELLY L. PHILLIPS  
PHOTOS DAVID A. LAND  
STYLING JONATHON LICHTENSTEIN  
SET DESIGN AND PROP STYLING MARCUS  
HAY FOR PAT BATES & ASSOC.



“I think the palate for South Indian food is there, but the exposure isn’t. I want to get those delicious flavors into more Americans’ mouths.”



**Meet** Maya Kaimal, 45, cookbook author and creator of Maya Kaimal Fine Indian Foods, home-style sauces and chutneys based on family recipes.

**Her mission** “Many people are under the impression that Indian food is greasy and overly spicy. But the first time I tasted curries in South India, they blew my mind—they can be so light and bright tasting, with ingredients such as coconut milk and citrus. This pushed me to create my product line.”

**Her sauces** “Curries should be like music, with high and low notes. You get there by cooking in stages and layering the flavors: taking time to brown the onions and to toast and grind cumin seeds. You can’t just throw everything in a pot.”

**Her mantra** “‘Always take the best bite first.’ There’s so much pleasure in savoring the first taste, when you’re initially experiencing the flavor and the temperature is just so.”

**Her family** “The experience of eating together and sharing food enriches how you connect. I insist on family meals as often as possible with my husband and 6-year-old twin daughters, Anna and Lucy.”

**Her style** “I try to incorporate something Indian into everything I wear. I see my look as ‘Indian modern’—India’s jewel tones, patterns, and bright color palette filtered through Western styling.”

A splash of yellow curry color acts as the counterpoint to brick and brown hues. Bow front flutter sleeve top, The Limited, \$45; at The Limited stores. Lurex striped cardigan, The Limited, \$60; at The Limited stores. 22-inch pencil skirt, The Limited, \$70; at The Limited stores. Cleo leather bracelet, Rachel Leigh, \$78; [rachelleigh.com](http://rachelleigh.com). Mario pumps, Adrienne Vittadini, \$89; [lordandtaylor.com](http://lordandtaylor.com)



# Q: How did you do it?

# A:



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\*In a multi-centered double blind clinical study, women consuming a key component in the SLIMQUICK® Ultra formula twice daily lost an average of three times the weight as placebo (24.6 lbs vs. 8.1 lbs) in only 90 days. Both groups consumed a reduced calorie diet of 1350 Calories per day. Regular exercise and a reduced calorie diet are essential for achieving your weight loss goals. Read the entire label before use and follow directions. The logos and marks presented including SLIMQUICK® are protected by trademark law and may not be used without written consent. ©2010. All rights reserved.

“Women in India wear the most incredible zingy hues. Incorporating them all winter long puts me in such a good mood.”



## Dash of Spice

A staple like a camel coat begs for a vivid blast of color—and a chile-color scarf delivers. Crinkled tee scarf, Coldwater Creek, \$26; coldwatercreek.com. Wool double-breasted coat, Talbots, \$299; talbots.com. Skinny legging, Hue, \$28; hue.com. Haircalf leopard flats, Talbots, \$119; talbots.com. Laura satchel, Hype, \$295; dillards.com



## Best in Faux

Just a little fuzzy stuff will keep you as warm as your furry, four-legged friends—without hurting any animals in the process. Fur sweater cardigan, Loft, \$98; loftonline.com. Julie turtleneck, Club Monaco, \$69; clubmonaco.com. Plaid skirt, Kensie, \$68; kensie.com.



## Recipe for Success

A classic menswear print goes cheerily feminine, thanks to a saucy red pepper color and a handful of pearl necklaces. Houndstooth cap-sleeve dress, United Colors of Benetton, \$99; 800/535-4491 for buying locations. Seven-row simulated pearl necklace, R.J. Graziano, \$75; 212/685-1248 to order.



## Sweater Weather

Home for the holidays? Relax in casual, loose-fitting jeans and a sweater with a snuggly scarf that invites warm hugs from family. Fuzzy cowl-neck knit sweater, Kensie, \$78; kensie.com. Boyfriend deconstructed jean, Banana Republic, \$90; bananarepublic.com. ■





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# Shades of Greige

Mix beige with hints of lavender and putty gray and what do you get? Only the newest color in makeup: an unexpectedly flattering hybrid of your favorite neutral hues.

BY MELISSA MILRAD GOLDSTEIN

PHOTOS JEFF HARRIS | STYLING LAURIE RAAB

*Clockwise, from top:*

## **French manicure**

Two thumbs up for **OPI's** You Don't Know Jacques nail lacquer; \$9.

## **Stay awhile**

A fade-resistant formula makes **Estée Lauder's** Pure Color Eye Shadow in Tempting Mocha a keeper; \$20.

## **Tall drink**

Swipe on the subtle latte or sparkling champagne tones of **Sonia Kashuk's** Eye Shadow Duo in Diamond Life; \$7.

## **Waterproof**

Whether used wet or dry, **Stila's** Grace eye shadow sparkles; \$18.

## **Cheap thrill**

Take artistic liberties with **ELF's** Mocha Swirl Duo Eye Shadow Cream; \$1.

## **Wrap up**

**Essie's** warm granite-gray Chinchilly polish is perfectly seasonal; \$8.

## **Nightlife**

**The Body Shop's** Italian Baked-to-Last Eye Color in Moonstone balances silver with gunmetal gray; \$14.



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GOOD FOR YOU

## Blotting paper

"I'm going to powder my nose." Sounds glamorous, but unless you're in a 1940s movie, caking extra powder on top of oily skin doesn't result in a flawless, smooth complexion. We recommend blotting papers. Tear off a sheet and discreetly dab along the T-zone to reduce shine with minimal muss and fuss. **Boscia** Blotting Linens, \$10.

MAGIC TRICK

## Mood-ring makeup

Take the guesswork out of finding your perfect shade with "intuitive makeup." Brush on some **Almay** Smart Shade Blush (\$9, right) or primp with **Smashbox** O-Gloss Lip Gloss (\$22) and watch the cosmetics instantly adjust to complement your natural coloring. (Actually, it's a chemical reaction between makeup moisture and the pH level of your skin.) Quick, easy, and always flattering.



Experts say: Change your toothbrush every few months.  
We say: Might as well make it stylish; **Reach by Design**, \$4.



CLEAR CHOICE

## Top seeded

Shower gels sure smell great, but we've always felt their moisturizing capabilities were lacking. Two new formulas are changing that with an infusion of fruit oils: **Nivea** Touch of Honeydew taps sunflower seed oils, while **Dial** NutriSkin quenches with grape seed and cherry seed oils. The result: smooth, soft skin; \$4-\$6.

WASH UP

## Floral and hardy

**Dior** is staking a claim in the face-wash game with hardworking cleansers and toners for particular skin issues (sensitivity, dryness, etc.). And if you're sudsing up twice a day, shouldn't you enjoy the experience? Don't forget to breathe deeply. The cleansers' luscious floral blends including "velvet peony" and "pure lily"—smell really, really good. \$28. ■





**GROW Longer, GROW Fuller,  
and Darker Lashes**

## SEEING IS BELIEVING!

LATISSE® – the first and only FDA approved prescription treatment for inadequate or not enough lashes.

It's easy to ask your doctor if LATISSE® is right for you.

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WEEK 0...NOW



WEEK 16...WOW!



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TO LEARN ABOUT A \$20 REBATE\*

**Latisse®**  
(bimatoprost ophthalmic solution) 0.03%

**LATISSE® is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker, and darker. Eyelash hypotrichosis is another name for having inadequate or not enough eyelashes.**

#### **Important Safety Information:**

If you are using, or have used, prescription products for any eye pressure problems, only use LATISSE® under close doctor care. Although not seen in LATISSE® clinical studies, may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. **DO NOT APPLY** to the lower eyelid. Hair growth may occur in other skin areas that LATISSE® solution frequently touches. If you develop or experience any eye problems or have eye surgery, consult your doctor immediately about continued use of LATISSE®. The most common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-888-541-0780 for more information.

\*Offer applies to first-time registrants only. Please see additional terms and conditions at [Latisse.com](http://Latisse.com).



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## PATIENT INFORMATION

**LATISSE® (la tteece)** (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

### What is hypotrichosis of the eyelashes?

Hypotrichosis is another name for having inadequate or not enough eyelashes.

### What is LATISSE® solution?

**LATISSE®** solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

### Who should NOT take LATISSE®?

Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

### Are there any special warnings associated with LATISSE® use?

**LATISSE®** solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

**LATISSE®** use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

### Who should I tell that I am using LATISSE®?

You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

### What should I do if I get LATISSE® in my eye?

**LATISSE®** solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

### What are the possible side effects of LATISSE®?

The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

### What happens if I stop using LATISSE®?

If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

### How do I use LATISSE®?

**LATISSE®** solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

**DO NOT APPLY** in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

### General Information about LATISSE®

Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

### What are the ingredients in LATISSE®?

**Active ingredient:** bimatoprost

**Inactive ingredients:** benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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# Damage Control

Fried, flaky, frizzy, flat: Bad hair days happen. Brush them off with these solutions to your hairiest nightmares.

BY MELISSA MILRAD GOLDSTEIN

PHOTOS JEFF HARRIS | STYLING LAURIE RAAB

## ISSUE Chemical damage

**SOLUTION** Taking hair lighter involves two things: dye and chemicals. And that means odor, a stinging scalp, and that dry, “dye” texture, too. You’ve been able to avoid it by using an ammonia-free dye, but at a pretty significant trade-off: short-lived color. Until now. With INOA, **L’Oréal Professional** has come up with a permanent oil- and cream-based color that’s completely free of ammonia (the name is an acronym of Innovation No Ammonia). The result is lasting color without strawlike strands. Although this is the future of hair color, right now INOA is only available in salons. [findinoa.com](http://findinoa.com).

## ISSUE Thinning

**SOLUTION** It’s called alopecia—a sterile, technical name for what’s a very emotional topic for women: hair loss (beyond the average of 50 to 100 strands shed each day). If you notice your part getting wider or hair coming out in clumps, resist the urge to grab a topical treatment, and focus on getting to the root of the problem, so to speak. “There are a lot of different factors that cause hair shedding, and the treatment is different for each, so it’s important to see a doctor with expertise in hair disorders for further testing,” says New York dermatologist Neil Sadick. See the International Society of Hair Restoration Surgery ([ishrs.org](http://ishrs.org)) for referrals.

For some, the cause is temporary, such as childbirth, illness, or physical or emotional trauma. (The strain of such events shuts down hair production.) Once the ordeal passes, so too will the hair loss. Other causes (and reasons to see the doctor) are thyroid imbalance, endocrine disorder, and iron deficiency. These can be determined by a blood test, and treating the condition often treats the shedding.

“Smoothing treatments create a thin, protective layer around each strand to keep hair from bending back over onto itself and frizzing up.”

**Britney Huinkier**  
president, Brazilian Blowout

Splitting hairs over split ends? Blame heat and chemical damage. Snip them away, and prevent future frays with regular trims and deep-conditioning treatments.



For others, alopecia turns out to be a chronic condition. Like men, women inherit a genetic propensity for hair loss (a condition that affects 30 million women in the United States, according to the American Academy of Dermatology). But rather than a bald patch or receding hairline, women are more likely to experience a gradual overall thinning, which can start as early as puberty. The most accessible treatment is minoxidil, available on drugstore shelves in 2- and 5-percent versions. Though you may be tempted to grab the supercharged version, know that only the 2-percent dose, such as that available in Women's **Rogaine** (\$30), has received FDA approval for women. It must be applied every day, and results (which last only as long as you use it), usually don't show for six months. But studies show it regrows hair in 60 percent of women who use it.

Lasers also show some promise for treating thinning hair. The **HairMax** is a comb with a handheld laser light attached that stimulates growth. Costly at \$495, it has FDA approval for use on men. Your doctor also has therapies to offer. Sadick says he's seen decreased shedding and up to 25 percent hair regrowth in patients who've undergone in-office LED red-light sessions coupled with anti-inflammatory steroidal scalp lotions. Treatment is weekly for eight weeks, once per month thereafter.

#### ISSUE Frizz

**SOLUTION** Frizz resembles the beast in a horror flick (cue menacing music): When you least expect it, hair starts to expand and takes on

a life of its own. Sound familiar? This transformation comes about because your hair is much drier than the air, and like an arid sponge, it sops up whatever moisture it encounters. The counterintuitive fix, therefore, is more moisture to make sure your hair isn't thirsty. This means using conditioners with amino acids and nourishing oils (avocado, almond) and avoiding products that contain alcohol. Try **Paul Mitchell** Awapuhi Wild Ginger shampoo (\$19) and cream rinse (\$20) with keratin proteins to hydrate and protect. The final step is to seal the cuticle, locking in all that moisture with a finishing product such as **Brazilian Blowout** Acai Smoothing Serum (\$40). Professional in-salon smoothing treatments from reputable, formaldehyde-free lines, including Brazilian Blowout and **Keratin Complex**, offer longer-lasting options for the frizz-phobic. "Smoothing treatments create a thin, protective layer around each strand to keep the hair from bending back over onto itself and frizzing up," explains Britney Huinkier, president of Brazilian Blowout.

#### ISSUE Flat, lifeless locks

**SOLUTION** Fact: In our 40s, the diameter of the hair shaft begins to shrink, resulting in finer, more fragile strands. Couple that with the number of women experiencing shedding and thinning hair (see above), and it comes as no surprise that store shelves are crammed with volumizing products with lofty claims. And they work ... until they don't. That's because many of these products create volume with

glues and sprays that lift and hold hair. As the day wears on and you go outside, expose it to the elements, put on a hat, even touch your hair, those glues flake off and hair deflates. It took a group of MIT scientists to find a solution. The result: **Living Proof** Full, a thickening cream containing a chemical compound called poly beta amino ester-1 (a version of which was originally invented for internal medical applications). When slicked over hair, the volumizer causes strands to act like repelling magnets, creating pockets of space between each individual hair. So locks appear thicker, without leaving hair sticky or crunchy. And it stays that way all day—no matter who runs their fingers through your hair, \$24.

#### ISSUE Itching and flaking

**SOLUTION** It may sound indulgent, but you might want reconsider scalp massages. "People neglect the scalp and focus all their attention on the hair," says Philip Kingsley, a noted trichologist experienced in hair and scalp health. "But the truth is: With a healthy scalp comes healthy hair." The skin on your head is some of the thickest on the body, with one oil gland for every hair follicle. Although flakes are often attributed to dryness, Kingsley says they're actually caused by oil. He recommends treating the area with a scalp mask that exfoliates (the same way you'd scrub away dead skin cells on your face) and stimulates the hair follicle. Use it once a week if you have flaking and itching, once a month otherwise. Try **Finesse** ReVitality Scalp Balm, \$5. **Philip Kingsley** Scalp Mask, \$7. **Oscar Blandi** Exfoliating Treatment, \$26. ■



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# STUFFING



## MOIST AND SAVORY STUFFING

Prep: 20 min.

Bake: 30 min.

Makes: 10 servings

2 ½ cups Swanson® Chicken  
Broth (Regular or  
Certified Organic)

Generous dash ground black pepper

2 stalks celery, coarsely chopped  
1 large onion, coarsely chopped  
1 pkg. (14 oz.) Pepperidge Farm®  
Herb Seasoned Stuffing

1. Heat broth, black pepper, celery and onion in 3-qt. saucepan over medium-high heat to a boil. Reduce heat to low. Cover and cook 5 min. or until vegetables are tender. Add stuffing and mix lightly.
2. Spoon stuffing mixture into greased 3-qt. shallow baking dish. Cover and bake at 350°F. 30 min. or until hot.

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# food

FRESH FROM YOUR KITCHEN

## WARM WELCOME

Share a little counter space with loved ones as you put the final touches on the big meal. Drizzle vegetables with olive oil, take in the fragrance of chopped fresh herbs, and enjoy the warmth of a crowded kitchen.




PHOTO DANA GALLAGHER  
PROP STYLING PAMELA DUNCAN SILVER

BETTER HOMES AND GARDENS | NOVEMBER 2010 | BHG.COM 159



# Tyler Florence Gives Thanks

A photograph of Tyler Florence, a man with short brown hair and a friendly smile, wearing a dark blue sweater over a white collared shirt. He is standing and holding a large white platter filled with roasted turkey legs and other festive dishes. He is serving the food to a group of people seated at a dining table. The table is set with white plates, glassware, and a lit candle. In the background, there is a window with colorful decorations, a framed picture on the wall, and a small child sitting at the table. The overall atmosphere is warm and festive, typical of a Thanksgiving dinner.

One delicious turkey unites two families—Tyler's family from South Carolina and his wife Tolan's family from Mill Valley, California.





The Food Network star, cookbook author, and chef never forgets to count his blessings. And they've multiplied in recent years, ever since he moved west with his wife, Tolan. He loves New York City, but when she was pregnant with their son, they were drawn to California—to her hometown of Mill Valley, 15 minutes north of San Francisco. They renovated a 1926 cabin on a unique lot where two creeks meet underneath a towering old-growth forest. "I replaced one skyline in Manhattan with another one of redwoods." This Thanksgiving, Tyler is grateful for many things, but at the top of the list is ...finding home.

BY JOE YONAN | PHOTOS SQUIRE FOX | PRODUCED BY NANCY WALL HOPKINS  
FOOD STYLING LORI POWELL | PROP STYLING JIM CARDOSA



**A Thanksgiving to remember:** From left, Hayden Florence (Tyler's son), Marjorie Clark and Larry Moss (Tolan's parents), Winston and Jan Florence (Tyler's parents), Jordan Moss (Tolan's brother) and girlfriend Jen Harland, and Tolan, Tyler, and their daughter, Dorothy Florence, with Jake, the family dog.



**...sharing the day with my family** Tyler's mother-in-law, Marjorie Clark, had often hosted the meal—she and Tolan's father, Larry Moss, still live in Mill Valley—but the torch has been passed. It's less drama to let the grandparents come to Tyler and Tolan's children, Hayden, 3, and Dorothy, 2, than vice versa. Besides, "this house is a perfect place to celebrate."

**...indelible memories** "Make the effort to let your children see you in the kitchen, and create a house that smells amazing," Tyler says. "You're teaching them what warmth smells like. It's your gift to your children to keep the memory alive of you, what you stand for."



**...turkey made easy** Thanksgiving is about warmth and hospitality, not stress. This easy bird takes less than 90 minutes to achieve succulence.



**HERB-ROASTED  
TURKEY**

**FRESH CRANBERRY  
COMPOTE**

**ROASTED HOLIDAY  
VEGETABLES**  
(*opposite*)

**SLOW-SIMMERED  
KALE WITH HAM**  
(*opposite*)





The harvest table is set with family treasures, old and new. Winston and Tyler put finishing touches on the banana pudding, *opposite*. The popovers are warm from the oven—let the feasting begin.





**...cooking with Big Papa** “My dad and I have never been more connected,” Tyler says. Winston Florence flies from South Carolina to Mill Valley every other month and stays for two weeks. An accomplished cook and caterer, he even worked the line at the opening of his son’s new restaurant, Wayfare Tavern.

**...the sanctity of the table** A busy family can too easily succumb to a do-your-own-thing ethos, but at dinnertime, “everything just stops, and you connect with each other. That means no BlackBerry or iPhone. It’s the food that brings us together.”

**...my wife, “vice president of everything”** “I’ve been very lucky. I get to be me for a living, and I don’t take it for granted for a second. I can’t do it alone. She believes in me more deeply than anybody else.”



Recipes begin on page 206.





**FLORENCE  
MAMA'S  
CANDIED YAMS**



**Hayden places his mom's handmade place cards with help from grandmas Jan and Marjorie. Grandpas Winston and Larry spread honey from Tyler's beehives on local apples and cheese.**




**...heritage recipes** It wouldn't be Thanksgiving without candied yams from Florence Mama, Tyler's late grandmother, or his dad's banana pudding. "We are all from someplace. This is the taste of my childhood."  
**...enjoying company** "Share the experience with a lot of people, and let them bring their own dimension to the meal." When friends and family contribute a dish on the holiday, "they know what it means to share. Everybody enjoys the limelight."



...room left for dessert “I like it to be powerful and small. A really good couple of bites.”

HOMEMADE  
CHOCOLATE  
TART

 **Video Online**  
Watch a behind-the-scenes  
video of our Thanksgiving  
photo shoot. Go to [BHG.com/Tylervideo](http://BHG.com/Tylervideo).



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SINCE 1845

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## SIGHT

Examine the chocolate's color. Note the premium silky-matte sheen and even texture.

## TOUCH

Feel the silky-smooth surface of the chocolate – premium chocolate is never rough or grainy.

## SOUND

Hear the crisp, loud snap as you break the bar. A distinct snap and clean break are signs of quality.

## SCENT

Breathe in the rich fragrances and intense aromas of the chocolate. You may detect scents of vanilla, fruit or honey – to name just a few.

## TASTE

Allow the square to melt on your tongue and experience the intense chocolate flavor that engages your senses.





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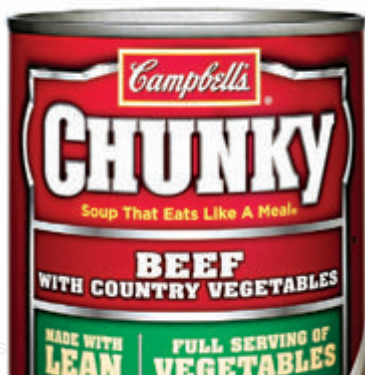
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Every pie has a story.  
We turned to Alan  
Carter, pastry chef at  
Mission Beach Café in  
California, to share his  
recipes, tips, and

# Life of Pie

**LEMON VELVET  
CREAM PIE**  
Recipe on page 180.

## Fork-deep custard

"Often, custard pies fall after you bake them. I have a secret to keeping that from happening," Alan says. "I always add about a teaspoon of unflavored gelatin to help a custard pie like this one hold its shape. After I've whipped the egg yolks and condensed milk until light and super fluffy, I mix in the gelatin and finally the lemon juice, and that ensures the pie will stand up tall and proud long after it comes out of the oven. Always add the lemon juice last; otherwise, the acid will start to cook the eggs."

BY PAIGE PORTER FISCHER | PHOTOS SQUIRE FOX | RECIPES ALAN CARTER | FOOD STYLING LORI POWELL



“Pears behave beautifully in pie form, and they befriend just about any other fruit—plums, blueberries, and quince **all make nice companions.**”

**PEAR-PLUM PIE**

Recipe on page 180.



**Shapely  
double crust**

“The key to a really good fruit pie is this: You must envelop it in a perfect pastry. The top of the pie is your star. Never drape the dough over the top of the fruit—mold it. Make hills and valleys and a landscape that’s as pretty as the fruit inside. In the world of pies, pears are so underappreciated. They bake beautifully and keep a glorious texture. Adding plums gives this pie color and a luscious flavor.”



# TASTE FOR YOURSELF.



## OR



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## Extra-flavorful fillings

“A little salt and a lot of spices are key ingredients in my pumpkin pie. The salt brings out the spiciness—after all, pumpkin is a squash without much taste. Beat the spices and salt into the pumpkin for the best flavor, then add the other custard ingredients. Heat the custard mixture in a saucepan and then pour it into a cooked piecrust. Heating the custard will ensure even cooking—and will keep the pie from cracking and splitting, as pumpkin pies are apt to do.”

### PUMPKIN PIE WITH HAZELNUT MOUSSE

Recipe on page 182.

“Tradition is fine, as long as you improve upon it. Your grandmother’s pumpkin pie may be good, but give it a boost with more spices for goodness sake. Pumpkin pies need lots of ginger.”



# Give thanks. Get thanks.

## CARAMEL APPLE DESSERT

Prep Time: 15 min. • Total Time: 5 hours 15 min. (incl. refrigeration) • Makes: 16 servings.

60 NILLA Wafers, finely crushed (about 2 cups)

½ cup butter, melted

1 pkg. (8 oz.) PHILADELPHIA

Cream Cheese, softened

¼ cup sugar

¾ cups milk, divided

1 tub (8 oz.) COOL WHIP Whipped

Topping, thawed, divided

2 pkg. (3.4 oz. each) JELL-O

Vanilla Flavor Instant Pudding

½ cup caramel ice cream topping, divided

1 each red and green apple, chopped

¼ cup PLANTERS COCKTAIL Peanuts, chopped

**MIX** wafer crumbs and butter; press onto bottom of 13x9-inch pan.

**BEAT** cream cheese, sugar and ¼ cup milk with mixer until well blended. Stir in 1 cup COOL WHIP; spread over crust.

**BEAT** pudding mixes and remaining milk with whisk 2 min. Stir in ¼ cup caramel topping. Spoon over cream cheese layer; top with remaining COOL WHIP.

**REFRIGERATE** 5 hours or until firm. Top with apples, nuts and remaining caramel topping just before serving.



FOR MORE DELICIOUS RECIPES VISIT [DESSERT.COM](http://DESSERT.COM) OR TEXT "DESSERT" TO 71717\*

\*Standard text messaging and other charges may apply. © 2010 Kraft Foods



“It’s easy to give thanks for apple pie—it’s like an old, loyal friend. And there’s nothing as bountiful as a mound of apples piled into a crust, begging for a blanket of dough.”

**APPLE-CRANBERRY PIE**

Recipe on page 182.

**A mountain of apples**

“Apple pies demand lots of fruit. Most recipes call for four apples, but I use between six and eight. It is also important to cut your apple pieces in even sizes. Don’t be lazy about chopping. Be precise. And then pile your pie high, and I mean five or six inches high, because the fruit cooks down. Add fresh cranberries for a surprise. Then go to work creating the top crust. The pie will be enormous before it’s baked, but don’t worry, the fruit and crust will lie down and relax when cooked.”



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“The perfect piecrust should be the color of dark caramel and should practically, flake when you look at it.”



#### Meet Alan Carter

Alan left his banking job to pursue baking. As executive pastry chef and co-owner of Mission Beach Café, he continues to hone his craft. And loyal followers are thankful. They wait in long lines for slices of his famous pies.

#### Alan's Secrets for Perfect Pastry

- Always use chilled, not frozen or room temperature, butter. Butter should feel like clay to the touch.
- Do not overwork your pie dough. Stir the wet ingredients into the flour and butter, then stop. As it rests the dough will come together.
- Acid helps pie dough set up. A little vinegar and sour cream added to the water does the trick.
- If your pie dough is ugly and lumpy with butter knots the size of peas, it's perfect.
- You want a generous crust, so don't roll it too thin. About  $\frac{1}{4}$  inch is good.
- Always butter the pie dish. Sometimes, especially with fruit pies, the juice sneaks under the crust and acts like glue, bonding the crust to the pan.
- To prevent shrinking do not stretch the dough into the pie plate or over the top of the pie.

#### Alan's Pie Pastry

In a very large bowl combine  $3\frac{3}{4}$  cups *all-purpose flour*, 1 tablespoon *sugar*,  $\frac{1}{2}$  to 1 tablespoon *kosher salt*,\* and  $\frac{1}{2}$  teaspoon *baking powder*. With a pastry blender cut in  $1\frac{1}{4}$  cups *cold unsalted butter* leaving chunks the size of peas. Combine  $\frac{2}{3}$  cup ice-cold *water*, 2 tablespoons of *sour cream*, and 1 teaspoon *vinegar*. Add liquid all at once to the flour mixture. Quickly stir to distribute; do not overmix. The dough should be slightly crumbly. Let rest in the refrigerator for at least 2 hours or overnight. The finished dough should break, not stretch. Divide into three portions; shape into disks. Use at once or wrap and refrigerate up to 3 days. Or freeze up to 1 month. Thaw overnight in the refrigerator if frozen. Makes 3 single-crust pastries.

\*Alan enjoys the contrast of a salty crust to sweet filling. For a more neutral crust, use the lower amount of salt.

#### Go Online

For more delicious seasonal baked goods from Alan Carter go to [BHG.com/alancarterdesserts](http://BHG.com/alancarterdesserts).



# SO MUCH CLASSIC FLAVOR, THERE'S NO ROOM FOR SALT.



## SIZZLIN' SKILLET BAKED CHICKEN

Serves: 4 • Prep Time: 10 min. • Cook Time: 25 min.

### Ingredients:

- |                                      |                           |
|--------------------------------------|---------------------------|
| 2 Tbsp. Mrs. Dash® Original Blend    | 2 garlic cloves, slivered |
| 4 boneless, skinless chicken breasts | ¼ red onion, sliced       |
| 1 Tbsp. olive oil                    | cooking spray             |

### Directions:

1. Preheat oven to 350 °F.
2. Brush chicken breasts with olive oil and Mrs. Dash® Original Blend. Set aside.
3. Add onions and garlic to an 8-9 inch skillet. Place chicken on top of vegetables. Cover lightly with foil and place in oven. Cook 15 minutes.
4. Increase heat to 375 °F. Uncover skillet and turn chicken. Cook 10 minutes.
5. Remove and cover lightly with foil. Rest 5 minutes before serving.

**SALT-FREE,  
FLAVOR-FULL**





## Lemon Velvet Cream Pie

PREP 25 min. BAKE 45 + 22 min. COOL 1 hr.  
CHILL 2 hrs. OVEN 375°F

- 1 portion Alan's Pie Pastry, *page 178*, or 1 rolled refrigerated unbaked piecrust
- 1 tsp. unflavored gelatin
- 2 Tbsp. cold water
- 6 egg yolks
- 1½ 14-oz. cans sweetened condensed milk (2 cups)
- ¼ cup whipping cream
- ¼ tsp. salt
- ¾ cup lemon juice
- Whipped Cream
- Thin lemon peel slivers

1. Preheat oven to 375°F. Roll out pastry, on a floured work surface, to a circle about 12 inches in diameter. Transfer to a 9-inch pie tin or plate without stretching. Trim pastry to ½ inch beyond edge of pie tin. Fold under extra pastry. Crimp edge as desired. Prick bottom and sides of pastry with a fork. Place in freezer 10 minutes. Line pastry with foil pie pan (see "Blind Baking," *page 182*); fill with dried beans or pie weights. Place on foil-lined baking sheet; bake 30 minutes. Carefully remove foil pan. Bake 15 minutes more. Cool on wire rack. (If using rolled refrigerated crust, bake according to package directions.)

2. In a small bowl soften gelatin in water 5 minutes. Heat in microwave for 14 seconds; set aside.

3. In large bowl combine egg yolks and sweetened condensed milk. With an electric mixer, beat on high speed for 2 to 3 minutes until well combined. Beat in gelatin, whipping cream and salt on low speed. Add lemon juice and beat on low speed for 30 seconds. Pour into prepared crust (pie will be full).

4. Bake 22 to 25 minutes or until center of pie looks set when gently shaken; cool on wire rack 1 hour. Cover loosely and refrigerate at least 2 hours.

5. Top with whipped cream and lemon peel slivers just before serving. Makes 8 servings.

EACH SERVING 558 cal, 32 g fat, 250 mg chol, 233 mg sodium, 59 g carbo, 1 g fiber, 11 g pro.

## Pear-Plum Pie

PREP 40 min. BAKE 1 hour 20 min. OVEN 375°F

- 2 portions Alan's Pie Pastry, *page 178*, or 2 rolled refrigerated unbaked piecrusts
- 1¼ cups sugar
- ¼ cup cornstarch
- 1 tsp. finely shredded lemon peel
- ½ tsp. ground cinnamon
- 4 cups cored and coarsely chopped pears
- 2 cups chopped plums
- 1 small quince, cored, sliced, and poached\* or 1 cup coarsely chopped pear
- 2 Tbsp. lemon juice
- 2 Tbsp. port (optional)
- ¼ tsp. vanilla
- 1 egg, beaten
- 1 Tbsp. whipping cream

1. Preheat oven to 375°F. Roll out pastry on a floured work surface to a circle about 12 inches in diameter. Transfer to a 9-inch pie tin or plate without stretching. (Follow package directions if using refrigerated crust.) Trim pastry even with rim of tin.

2. In small bowl combine sugar, cornstarch, lemon peel, cinnamon, and a pinch of salt. In a large bowl combine pears, plums, and quince. Add lemon juice, port, and vanilla. Add sugar mixture; toss to coat. Transfer to prepared pie tin.

3. Roll remaining pastry portion to a 12-inch circle. Place on filling, gently molding over the fruit. Trim to ½ inch beyond edge of pie tin. Fold top pastry under bottom pastry. Crimp edge as desired. Cut 4 small slits in top crust to allow steam to escape. Combine egg and cream; brush on pastry. Place pie on a foil-lined baking sheet.

4. Bake 1 hour and 20 minutes, covering edge of crust with foil, if necessary, to prevent overbrowning. Cool on wire rack. Makes 10 servings.

\*Simmer quince in boiling water 5 minutes; drain.

EACH SERVING 491 cal, 23 g fat, 81 mg chol, 105 mg sodium, 68 g carbo, 4 g fiber, 5 g pro.



***Change ordinary  
mashed potatoes  
into...***



## ***Mmmm...Mashed Potatoes***

### **Directions:**

1. Prepare mashed potatoes using CARNATION® Evaporated Milk in place of milk.
2. Taste the creamy difference.
3. Enjoy all the *Mmmm's* from around the table.



Find recipes at  
**[TheCookingMilk.com](http://TheCookingMilk.com)**

## Pumpkin Pie

PREP 30 min. BAKE 35 min. + 50 min.  
COOL 1 hr. OVEN 350°F

- 1 portion Alan's Pie Pastry, *page 178*, or 1 rolled refrigerated unbaked piecrust
- $\frac{1}{4}$  cups canned pumpkin
- $\frac{2}{3}$  cup packed brown sugar
- $\frac{1}{4}$  tsp. ground ginger
- 1 tsp. ground cinnamon
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. ground cloves
- 2 eggs, lightly beaten
- $\frac{2}{3}$  cup milk
- $\frac{1}{2}$  cup whipping cream
- $\frac{1}{2}$  tsp. vanilla

1. Preheat oven to 350°F. Roll out pastry, flouring work surface and rolling pin as needed, to a circle about 12 inches in diameter. Transfer to a 9-inch pie tin or plate without stretching. Trim pastry to  $\frac{1}{2}$  inch beyond edge of pie plate. Fold under extra pastry. Crimp edge as desired. Prick bottom and sides of pastry with a fork. Place in freezer 10 minutes. Line pastry with foil pie pan (see "Blind Baking," *right*); fill with dried beans or pie weights. Place on a foil-lined baking sheet. Bake 30 minutes. Carefully remove foil pie pan. Bake 5 minutes more. Cool on wire rack. (If using rolled refrigerated crust, bake according to package directions.)
  2. In a saucepan combine pumpkin, brown sugar, ginger, cinnamon, salt, and cloves; cook and stir over medium heat for 4 to 5 minutes to integrate flavors. Remove from heat.
  3. Beat in eggs; add milk, cream, and vanilla. Pour into prepared crust. Bake for 50 minutes or until a knife inserted near center comes out clean. Cool on wire rack 1 hour. Refrigerate to store. Serve with Hazelnut Mousse. Makes 10 servings.
- EACH SERVING 288 cal, 17 g fat, 89 mg chol, 130 mg sodium, 31 g carbo, 1 g fiber, 4 g pro.

## Hazelnut Mousse

START TO FINISH 25 min.

- $\frac{1}{4}$  cup pasteurized egg whites
- $\frac{1}{4}$  cup water
- $\frac{1}{2}$  cup sugar
- 1 cup whipping cream
- 1 8-oz. carton mascarpone cheese
- 2 Tbsp. Frangelico or other hazelnut liqueur (optional)
- $\frac{1}{2}$  cup toasted, peeled, and ground hazelnuts

1. In mixing bowl beat egg whites until soft peaks form (tips curl over when beaters are lifted). In small saucepan combine water and sugar; cook and stir over medium heat until sugar is dissolved and mixture comes to a boil. Clip a candy thermometer to side of pan. Cook at a steady boil over medium heat until mixture reaches 240°F (about 5 minutes).

2. Beat egg whites on high speed, slowly pouring in the hot sugar mixture (pour against side of bowl, not the beaters). When all of sugar mixture is added, continue beating 5 minutes more to cool mixture.
  3. In a large bowl whisk together whipping cream and mascarpone; whisk in the liqueur and  $\frac{1}{3}$  cup of the hazelnuts. Whisk in cooled egg whites. Sprinkle with remaining hazelnuts. Serve with Pumpkin Pie. Makes 10 servings.
- EACH SERVING 111 cal, 10 g fat, 26 mg chol, 13 mg sodium, 6 g carbo, 0 g fiber, 3 g pro.

## Apple-Cranberry Pie

PREP 45 min. BAKE 1 hr. 20 min. OVEN 375°F

- 2 portions Alan's Pie Pastry, *page 178*, or 2 rolled refrigerated piecrusts
- 6 Granny Smith apples, peeled, cored, and sliced
- $\frac{1}{2}$  cup cranberries
- 2 Tbsp. lemon juice
- $\frac{1}{4}$  cups sugar
- $\frac{1}{4}$  cup all-purpose flour
- $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{4}$  tsp. ground allspice
- $\frac{1}{8}$  tsp. salt
- 1 recipe Pastry Cream, below
- 1 egg, beaten
- 1 Tbsp. whipping cream

1. Preheat oven to 375°F. Roll out pastry on a floured work surface to a circle about 14 inches in diameter. Transfer to a 9-inch deep dish pie tin or plate without stretching. Trim pastry even with rim of tin. (Follow package directions if using refrigerated crust.)
  2. In a large bowl combine apples, cranberries, and lemon juice. In a small bowl combine sugar, flour, cinnamon, allspice, and salt.
  3. Spread bottom of crust with Pastry Cream. Toss apple mixture with dry ingredients; pile over pastry cream in pie tin. Roll remaining pastry portion to 12-inch circle; place over apples. Trim to  $\frac{1}{2}$  inch beyond edge of pie tin. Fold top pastry under bottom pastry. Crimp edge as desired. Cut 4 small slits in top crust to allow steam to escape. Combine egg and cream; brush on pastry. Place on a foil-lined baking sheet.
  4. Bake 1 hour and 20 minutes. If necessary, cover edges of pie with foil to prevent overbrowning. Cool on wire rack. Makes 10 servings.
- Pastry Cream** In a small saucepan combine 1 cup milk and  $\frac{1}{4}$  cup sugar; cook over medium heat until bubbly on edges. Meanwhile, in a medium mixing bowl beat 2 egg yolks, 3 Tbsp. sugar, 3 Tbsp. cornstarch, and  $\frac{1}{4}$  tsp. salt until combined. Gradually beat in  $\frac{1}{3}$  cup hot milk mixture; quickly beat in remaining milk mixture. Return to saucepan; cook and stir over medium heat until mixture thickens and comes to a boil. Remove from heat; stir in 2 Tbsp. butter and  $\frac{1}{2}$  tsp. vanilla. Transfer to bowl; cover surface with plastic wrap. Cool. Store in the refrigerator up to 3 days.
- EACH SERVING 560 cal, 27 g fat, 131 mg chol, 205 mg sodium, 76 g carbo, 2 g fiber, 6 g pro. ■



### BLIND BAKING

When blind baking (prebaking the pastry shell) for the Lemon Velvet Cream Pie and the Pumpkin Pie, Alan uses a disposable 8 $\frac{3}{4}$  inch foil pie pan to help the pastry keep its shape. Snip the rim of the foil pie tin every 2 inches or so and fold the rim upwards. After fitting the dough in the pie plate and crimping the edge, place the foil pie tin on top of the dough. Fill the tin with dried beans or pie weights and bake as specified in the recipe.



### Go Online

See how Alan rolls and shapes his piecrusts at [BHG.com/piecrusts](http://BHG.com/piecrusts)





## spread a little mmmmmmm

### Spiced Pumpkin Cheesecake

Makes 16 servings

38 NABISCO Ginger Snaps, finely crushed

1/4 cup finely chopped PLANTERS Pecans

1/4 cup butter, melted

4 pkg. (8 oz. ea.) PHILADELPHIA Cream Cheese, softened

1 cup sugar

1 can (15 oz.) pumpkin

1 Tbsp. pumpkin pie spice

1 tsp. vanilla

4 eggs

1 cup thawed COOL WHIP Whipped Topping

1/2 tsp. ground nutmeg

#### How to make it

HEAT oven to 325°F. MIX crumbs, nuts and butter; press onto bottom and 1 inch up side of 9-inch springform pan. BEAT cream cheese and sugar with mixer until blended. Add pumpkin, spice and vanilla; mix well. Add eggs, 1 at a time, mixing after each just until blended. Pour into crust. BAKE 1 hour 20 min. to 1 hour 30 min. or until center is almost set. Loosen cake from rim of pan; cool before removing rim. Refrigerate 4 hours. Serve with a dollop of COOL WHIP and a dusting of nutmeg.

Preparation time: 15 minutes

spread a little   
spreadphilly.com

# Turkey Roasting

From trussing to roasting, here's how to prepare Thanksgiving's main attraction.

BY RICHARD SWEARINGER | PHOTOS BLAINE MOATS  
FOOD STYLING GREG LUNA



## Roasting Times at 325°F

TURKEY WEIGHT	UNSTUFFED	STUFFED
8 to 12 lb.	2¾ to 3 hr.	3 to 3½ hr.
12 to 14 lb.	3 to 3¾ hr.	3½ to 4 hr.
14 to 18 lb.	3¾ to 4¼ hr.	4 to 4¼ hr.
18 to 20 lb.	4¼ to 4½ hr.	4¼ to 4¾ hr.
20 to 24 lb.	4½ to 5 hr.	4¾ to 5¼ hr.

### BUY AND THAW

To allow for leftovers, buy 1 to 1½ pounds of turkey per person. Thaw a frozen turkey in your fridge, allowing 24 hours for each 4 pounds (three days to thaw a 12-pound turkey).

### SET UP OVEN

Determine roasting time from the chart, *below left*. Place oven rack in its lowest position and preheat oven to 325°F. Unwrap turkey; remove giblets from neck and body cavities. Discard or cook them for making stuffing or gravy.

Blot the turkey inside and out with paper towels; it's not necessary to rinse the turkey.

### UNSTUFFED VS. STUFFED

We recommend baking stuffing separately, in a baking dish. Although stuffing roasted in the bird is delicious, turkey and stuffing often don't cook evenly.



If you stuff the turkey, use about ¾ cup stuffing for each pound (11 cups for 15 pounds). Loosely spoon stuffing into the neck and body cavities; packed

stuffing will not cook to a safe temperature. Pull neck skin over the stuffing and secure with a bamboo or wooden skewer (*photo 1*). To secure legs, see "Truss," *below*.

Transfer any remaining stuffing to a baking dish (or fill a baking dish with all the stuffing); cover and refrigerate. To bake stuffing, keep covered and place alongside the turkey during the last 35 to 40 minutes of roasting time or until it is heated through.



### TRUSS

If turkey does not come with a band of skin, or plastic or metal clamp to secure legs, loop a 24-inch length of 100-percent-cotton kitchen string around the tail, cross one drumstick over the other, crisscross the string, and tie all three together (*photo 2*). Twist the wing tips under the back of the turkey (*photo 3*).



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#### TRANSFER TO ROASTING PAN

Place a roasting rack in a roasting pan with sides no higher than 2 inches (higher sides prevent turkey thighs from cooking evenly). Transfer turkey, breast side up, to rack. Insert a meat thermometer into the thickest part of thigh; thermometer should not touch bone (*photo 4*). Brush skin with cooking oil or olive oil; loosely cover turkey with foil.

#### ROAST

Refer to the chart, *page 184*, to roast the turkey, noting that stuffed turkeys generally require 15–20 minutes more roasting time than unstuffed. Always verify doneness of poultry and center of stuffing (165°F) with a

meat thermometer. When about 45 minutes of roasting time remain, remove foil to allow skin to brown. Snip string holding legs, or loosen legs from clamp or band of skin. Continue roasting until thermometer reads 180°F.



#### REST BEFORE CARVING

Remove from oven. Transfer turkey to a cutting board or platter using two sturdy forks (*photo 5*). Cover loosely with foil and let stand 15 to 20 minutes, during which time juices will reabsorb and meat will firm up for easier carving. Uncover; spoon dressing into a serving bowl. For carving tips, go to [BHG.com/turkeytips](http://BHG.com/turkeytips). ■

## Have a question?

### Solutions for common turkey dilemmas.

#### Q: Which is best, a fresh or frozen turkey?

**A:** They're about equal—base your choice on personal preference. Fresh turkeys take up shelf space in the refrigerator only for a day or two. Frozen turkeys can be purchased further in advance but take as long as a week to thaw in the fridge.

#### Q: What if the turkey isn't thawed in time?

**A:** Place the turkey in a clean sink full of cold water; change the water every 30 minutes until legs move freely and body cavity is free of ice crystals. For food safety, never thaw a turkey at room temperature, in warm water, or in a microwave.

#### Q: What are the advantages of roasting turkey in an oven bag?

**A:** This method is popular because it produces a very moist turkey. To learn how, visit [reynoldsovenbags.com](http://reynoldsovenbags.com).

#### Q: How can I prevent turkey from drying out?

**A:** Don't overcook it. Use a meat thermometer or an instant-read thermometer, which generally cost between \$10 to \$20 and are widely available.

#### Q: If I have more questions, who can I ask?

**A:** Butterball Turkey Talk-Line: 800/288-8372 has staff to answer questions through the holidays. Reynolds Kitchens Turkey Tips Line: 800/745-4000 offers helpful recorded information.



#### Go Online

Make the best of Thanksgiving with our step-by-step roasting guide, 12 mouthwatering ways to cook a turkey, gravy recipes, how to carve, Thanksgiving Day advice, and more poultry pointers at [BHG.com/turkeytips](http://BHG.com/turkeytips). Butterball's Turkey Talk-Line experts will answer your questions online Nov. 15–19 at [BHG.com/turkeytalk](http://BHG.com/turkeytalk).

Two new mouthwatering ideas. Still only \$3 per serving.  
For more low-cost, high-flavor meal ideas, visit [mccormick.com/value](http://mccormick.com/value)



†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.

# Quick and Delicious

There's always time for a home-cooked meal with these weeknight-friendly dishes.

BY ERIN SIMPSON | PHOTOS ANDY LYONS  
RECIPES AND FOOD STYLING JILL LUST



1

## Spicy Pasta with Sweet Potatoes

START TO FINISH 30 minutes

BUDGET \$1.25 per serving

- 1 large sweet potato, peeled and cut into  $\frac{3}{4}$ -inch cubes (2 cups)
- $\frac{1}{2}$  tsp. each sugar, chili powder, and cinnamon
- 8 oz. dried rigatoni
- $\frac{1}{3}$  cup peanut butter
- 1 3-oz. pkg. cream cheese, cut up
- 2 tsp. Asian chili sauce (such as Sriracha sauce)
- 1 Tbsp. soy sauce
- 6 green onions, thinly sliced

1. Preheat oven to 450°F. Oil a rimmed baking pan; set aside. Place sweet potato cubes in bowl. Toss with 1 tablespoon *olive oil*, the sugar, chili powder, and cinnamon. Spread in prepared pan; bake 20 minutes or until tender.

2. Meanwhile, cook pasta according to package directions. Drain, reserving 1 cup pasta water.

3. In saucepan combine peanut butter, cream cheese, chili sauce, and soy sauce; whisk in  $\frac{1}{4}$  cup of the hot pasta water. Stir over medium heat until heated through. If too thick, stir in additional water. Stir in most of the green onions. Serve sauce over pasta with sweet potatoes and remaining onion. Serves 4.

EACH SERVING 537 cal, 24 g fat, 23 mg chol, 507 mg sodium, 68 g carbo, 7 g fiber, 16 g pro.

### CHANGE-UP

Try this dish topped with cooked shrimp or chicken along with the sweet potatoes.





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2

## Pork Loin with Parsnips and Pears

START TO FINISH 25 minutes

BUDGET \$2.37 per serving

- 1½ lb. boneless pork loin
- 3 Tbsp. Pickapeppa or Worcestershire sauce
- 1 Tbsp. olive oil
- 3 to 4 small parsnips, peeled and sliced
- 2 pears, cored, sliced, and/or chopped
- ½ cup pear nectar or apple juice
- Fresh Italian (flat-leaf) parsley (optional)

1. Slice pork ½ inch thick; sprinkle lightly with *salt* and *pepper*. Brush with some of the Pickapeppa sauce.  
 2. In a 12-inch skillet, heat oil over medium heat; add pork and brown on each side. Remove to a plate; cover and keep warm. In same skillet cook parsnips and pears, stirring occasionally, for 5 minutes or until parsnips are crisp-tender. Stir remaining Pickapeppa sauce and pear nectar into the skillet. Return pork to skillet. Cook 5 minutes more or until just a trace of pink remains in pork. Remove pork and vegetables to a serving platter. Continue to boil sauce, uncovered, until slightly thickened.  
 3. Pour sauce over pork and pear mixture to serve. Sprinkle with parsley. Serves 4.

EACH SERVING 399 cal, 15 g fat, 94 mg chol, 318 mg sodium, 28 g carbo, 4 g fiber, 38 g pro.

**SUBSTITUTE** When pears aren't available, two cored and sliced apples work equally well.



3

## Mustard-Crusted Steaks with Herb Butter

START TO FINISH 30 minutes

BUDGET \$2.46 per serving

- 2 12-oz. boneless beef sirloin steaks, cut about ¾ inch thick
- ¼ cup butter (half a stick)
- 2 Tbsp. coarse-grain mustard
- 1 Tbsp. snipped fresh thyme
- 1 tsp. snipped fresh rosemary

1. Preheat broiler. Cut each steak in half. Lightly sprinkle both sides of steaks with *salt* and *pepper*.  
 2. In a 12-inch skillet, heat 1 tablespoon of the butter over medium-high heat. Add steaks; brown on both sides, cooking until steaks are near desired doneness, about 3 to 4 minutes per side. Transfer to broiler pan; spread top of steaks with mustard.  
 3. Broil 3 to 4 inches from heat for 2 to 3 minutes or until steaks have reached desired doneness.  
 4. Meanwhile, for herb butter, add remaining butter to skillet; cook over medium heat until butter begins to bubble and turn golden. Add half the herbs; remove from heat.  
 5. Transfer steaks to plates; pour herb butter over steaks. Sprinkle with remaining herbs. Serves 4.

EACH SERVING 452 cal, 33 g fat, 110 mg chol, 496 mg sodium, 0 g carbo, 0 g fiber, 35 g pro.

**SERVE WITH** Steamed carrots or sautéed zucchini and squash.



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4

## Maple-Bourbon Glazed Salmon

START TO FINISH 30 minutes

BUDGET \$3.86 per serving

- 1/3 cup pure maple syrup or maple-flavored syrup
- 1/3 cup orange juice
- 3 Tbsp. bourbon whiskey or orange juice
- 4 4- to 5-oz. skinless salmon fillets
- 1/4 cup coarsely chopped pecans or walnuts

1. Preheat broiler. For syrup glaze, in a small saucepan combine maple syrup, orange juice, and whiskey. Cook, uncovered, over medium heat while preparing salmon.
2. Lightly sprinkle salmon with *salt* and *pepper*. Place on a lightly greased broiler pan. Broil 3 to 4 inches from heat for 5 minutes. Remove 2 tablespoons glaze and brush on all sides of salmon. Turn salmon and broil 5 minutes longer or until salmon flakes easily when tested with a fork.
3. Stir pecans into remaining glaze; heat on high for about 5 minutes or until glaze reaches the consistency of syrup. Serve salmon topped with pecan syrup. Serves 4.

EACH SERVING 386 cal, 20 g fat, 62 mg chol, 215 mg sodium, 21 g carbo, 1 g fiber, 24 g pro.

**SERVE WITH** Cooked asparagus or green beans tossed with a little lemon juice and thyme.



5

## Turkey Reuben Loaf

START TO FINISH 30 minutes

BUDGET \$2.11 per serving

- 1/2 cup mayonnaise
- 1/4 cup pickle relish
- 1 Tbsp. ketchup
- 2 cups shredded cabbage
- 2 tsp. vinegar
- 1 tsp. caraway seeds
- 1/2 an unsliced oblong loaf of bread
- 6 oz. Havarti cheese, sliced
- 8 oz. cooked turkey, sliced or chopped

1. Preheat oven to 400°F. For sauce, in a small bowl combine mayonnaise, pickle relish, and ketchup. In another bowl combine cabbage, vinegar, and caraway seeds.
  2. Slice bread lengthwise. Hollow out some of the bread for sandwich fillings. Spread some of the sauce on cut sides of bread; reserve remaining for serving. Arrange half the cheese slices on bottom half of bread. Top with cabbage mixture, turkey, and remaining cheese. Top with top half of bread. Wrap tightly in foil and place on baking sheet. Bake for 10 minutes. Carefully unwrap and bake 2 to 3 minutes more until bread is crisp and cheese is melted.
  3. To serve, cut loaf in slices with a sharp serrated knife. Pass remaining sauce. Serves 4.
- EACH SERVING 640 cal, 40 g fat, 85 mg chol, 931 mg sodium, 37 g carbo, 5 g fiber, 31 g pro. ■



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## McCormick® Sage-Rubbed Roasted Turkey

Makes 12 servings

Prep Time: 15 minutes  
Cook Time: 3 ½ hours

1 whole turkey (12 to 14 lb.), fresh or frozen, thawed  
1 tbsp. vegetable oil  
2 tbsp. McCormick Rubbed Sage  
1 tbsp. Lawry's® Seasoned Salt  
2 tsp. McCormick Paprika  
1 ½ tsp. McCormick Garlic Powder  
1 tsp. McCormick Ground Black Pepper

**PLACE** turkey on rack in roasting pan. Brush with oil. Mix seasonings. Sprinkle 1 tablespoon of the seasoning inside turkey. Spread remaining seasoning over entire surface and under skin of turkey. Add ½ cup water to pan. Cover loosely with heavy duty foil.

**ROAST** in preheated 325°F oven 1 hour. Remove foil. Roast 2 to 2 ½ hours longer or until internal temperature reaches 165°F (175°F in thigh), basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes before slicing. Reserve pan juices to make gravy.

**For the Roasted Sweet Potatoes and other holiday recipes, visit [mccormick.com](http://mccormick.com)**



The Taste You Trust®



# Easy Appetizer Winner

Grilled peppers, fresh tomatoes, and Greek yogurt perk up deviled eggs for zesty taste in this recipe challenge.

PHOTO BLAINE MOATS | FOOD STYLING JILL LUST



## MEET THE WINNER

### Susan Asanovic

"I wanted to spice up a popular appetizer," says Susan, of Wilton, Connecticut, grand prize winner in our \$2,500 Easy Appetizer Challenge. "It's fun served in tomatoes and peppers."

## Ranch Deviled Eggs

PREP 30 min. CHILL up to 8 hr.

- 4 jalapeño peppers\*
- 4 small roma tomatoes, halved
- 8 hard-cooked eggs, peeled and halved
- ½ cup plain Greek yogurt
- 2 Tbsp. snipped fresh cilantro
- ¼ cup thinly sliced green onions
- 1 1-oz. pkg. ranch salad dressing mix
- 3 Tbsp. olive oil
- 4 garlic-stuffed green olives, sliced (optional)

1. Coat a small skillet with vegetable oil; heat over medium heat. Cook peppers for 5 minutes, turning occasionally, until lightly charred. Cool.

2. Halve peppers; remove seeds and membranes. Scoop out tomato halves. Set halves aside.

3. Remove yolks from eggs and place in a medium bowl. Add 4 of the egg white halves to bowl; mash with a fork. Stir in yogurt, cilantro, green onions, dressing mix, and oil. Spoon mixture into halved jalapeños, tomatoes, and egg whites.

4. Cover and chill up to 8 hours. Top with olive slices, if you like. Makes 14 (2-appetizer) servings.

\* When working with chile peppers, wear plastic or rubber gloves. If bare hands touch peppers, wash well with soap and water.

EACH SERVING 92 cal, 7 g fat, 123 mg chol, 192 mg sodium, 3 g carbo, 1 g fiber, 4 g pro. ■



## Top it off with perfection

### McCormick® Perfect Turkey Gravy

Prep Time: 5 minutes

Cook Time: 10 minutes

2 pkg. McCormick Turkey Gravy Mix

¼ cup flour

3 cups cold water

1 cup turkey pan drippings

or turkey broth



MIX Gravy Mix and flour in large saucepan. Gradually stir in water and turkey drippings with wire whisk until smooth.

COOK on medium-high heat until gravy comes to boil, stirring frequently. Reduce heat to low; simmer 5 minutes or until thickened, stirring occasionally. (Gravy will continue to thicken upon standing.) Makes 15 servings.

For more great-tasting recipes, visit [mccormick.com](http://mccormick.com)



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\*Plus a total of \$8.98 shipping and service. Please allow 4-6 weeks for delivery of your jewelry after we receive your initial deposit. All sales subject to product availability and order acceptance.

**01-11610-001-E81291**

## A Smart Cookie

The holidays are here, so dig out your cookie cutters, dust off the rolling pin, and get baking.

Our pick when playing with dough is a basic wooden pin (although in a pinch, a wine bottle has done the trick). Rolling pins are available in a variety of shapes: straight, tapered, or the classic roller style. No matter what pin you prefer, the four tips, *below*, will ensure it's fun and easy turning a ball of dough into whimsical cookie shapes.



### Thickness counts

For cookie cutouts to hold up to stacking on a platter or sending home with your guests, roll dough  $\frac{1}{4}$  inch thick.

### Tapered to turn

The slender ends of this solid maple wood rolling pin make it easy to pivot and evenly roll dough. *Tapered Rolling Pin*, \$14; [williams-sonoma.com](http://williams-sonoma.com)



**1 KEEP COOL** Before rolling, chill cookie dough to make it easier to roll, cut, and transfer to baking sheets. If dough becomes sticky while rolling or cutting, slide it onto a tray or baking sheet and place in the freezer for a few minutes to firm up.

**2 ROLL WITH CARE** First, gently flatten the cookie dough in a disk with your palms. Then roll dough from the center outward, turning a quarter turn after each roll and reflouring as needed to prevent dough from sticking to work surface.

**3 USE A BRUSH** Gingerbread women do not need flour spots on their skirts, so use a pastry brush to whisk excess flour off the top of the dough cutouts. Too much flour also makes the cookies tough, bitter-tasting, and dry.

**4 MAKE THE CUT** Dip cutters in flour as needed. Use a thin floured spatula to transfer cutouts to a cookie sheet. Pop the cookie sheet in the fridge for a few minutes so the cutouts won't spread and lose their shape during baking.





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**“Cabbage is a staple in my produce drawer—it’s super nutritious and lasts over a week in the fridge. I store it in a zip-top bag with a paper towel to absorb moisture.”**

**Erin Simpson**  
associate food editor



#### LEFTOVERS

### Canned Pumpkin

This mainstay of the holiday kitchen can also be turned into a tasty, vitamin-packed smoothie. In a blender, whirl together ¼ cup canned pumpkin with low-fat vanilla yogurt, a banana, a spoonful of peanut butter, a handful of ice cubes, and milk to thin as desired. Top with a little whipped cream and cinnamon.

#### HUDDLE FOR HUNGER

### Give More Than Thanks

Five million American kids—and often their parents—go to bed hungry. Learn how you can help at *HuddleToFightHunger.com*. Every time you watch videos, download recipes, or join celebrities in a special online community, Kraft Foods will donate a meal (up to 20 million) to Feeding America, a national hunger relief organization.

#### COOK’S TIP

### Bread Warmer

At holidays keep the oven free for last-minute reheating by baking rolls ahead of time, then reheating in a slow-cooker. Set slow-cooker to lowest setting and rolls will stay warm without drying out for up to an hour.



#### MOTHERBOARD

### Must-Haves

Staples such as canned soup can be used creatively to make meals, say moms on The Motherboard, our online community. Among their favorites: potato chowder made by adding chopped fresh potatoes to cream of potato soup; broccoli-cheese or tortilla soup made with chicken broth; and chili-cheese dip based on canned chili.



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#### HAVE YOU TRIED?

### Pasteurized Eggs

If you’re worried about using eggs in your holiday recipes, look for pasteurized eggs. A patented process eliminates salmonella and harmful viruses. Now anyone—from the very young to those with weak immune systems—can dig into raw cookie dough or eat an over-easy egg. Look for the P. Davidson’s Safest Choice Pasteurized Shell Eggs; [safeeggs.com](http://safeeggs.com).



A young boy with brown hair is sitting at a wooden dining table. He is looking up at a hand that is holding a green bean on a fork, offering it to him. On the table in front of him is a white plate with corn, green beans, and carrots. To his left is a bowl of orange carrots. In the background, another plate of food is being held. The scene is set in a warm, brightly lit room with yellow curtains.

# WHAT WILL YOU DO WITH YOUR SAVINGS?

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# FOR TYPE 2 DIABETES

**Victoza® helped take  
my blood sugar  
and even  
my weight\* down...**

\*Victoza® is not a weight-loss product.  
Model is used for illustrative purposes only.



## **Indications and Usage:**

Victoza® is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes when used along with diet and exercise.

Victoza® is not recommended as the first medication to treat diabetes. Victoza® is not insulin and has not been studied in combination with insulin. Victoza® is not for people with type 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza® is safe and effective in children. Victoza® is not recommended for use in children.

## **Important Safety Information:**

In animal studies, Victoza® caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia

syndrome type 2 (MEN 2). While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Inflammation of the pancreas (pancreatitis) may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

Stop taking Victoza® and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works.

Also tell your doctor if you are allergic to any of the ingredients in Victoza®; have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food; have or have had kidney or liver problems; have any other medical conditions; are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding







## and changed how I manage my type 2 diabetes.

**Victoza® may help lower blood sugar—and can even lower your weight.** Non-insulin Victoza®, along with eating right and staying active, can make a real difference. And Victoza® is used once a day anytime, with or without food.

**Plus, it helps keep important cells in your pancreas that control blood sugar—called beta cells—working the way they should.** Victoza® works by targeting beta cells to help lower blood sugar when it is high.

**If you're ready for a change, talk to your doctor about Victoza® today.**

or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your breast milk.

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea. The dose of your sulfonylurea medicine may need to be lowered while taking Victoza®.

The most common side effects with Victoza® include headache, nausea, diarrhea, and resistance to liraglutide (antibody formation). Nausea is most common when first starting Victoza®, but decreases over time in most people. Immune system-related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

### **Please see Brief Summary of Important Patient Information on next page.**

If you need assistance with prescription drug costs, help may be available. Visit [pparx.org](http://pparx.org) or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [fda.gov/medwatch](http://fda.gov/medwatch) or call 1-800-FDA-1088.

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**To learn more, visit [victoza.com](http://victoza.com) or call 1-877-4-VICTOZA (1-877-484-2869).**



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# **VICTOZA®**

## **liraglutide (rDNA origin) injection**

### **Important Patient Information**

**This is a BRIEF SUMMARY of important information about Victoza®. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about Victoza®, ask your doctor. Only your doctor can determine if Victoza® is right for you.**

### **WARNING**

**During the drug testing process, the medicine in Victoza® caused rats and mice to develop tumors of the thyroid gland. Some of these tumors were cancers. It is not known if Victoza® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people. If MTC occurs, it may lead to death if not detected and treated early. Do not take Victoza® if you or any of your family members have MTC, or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in the body.**

### **What is Victoza® used for?**

- Victoza® is a glucagon-like-peptide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- Victoza® should not be used as the first choice of medicine for treating diabetes.
- Victoza® has not been studied in enough people with a history of pancreatitis (inflammation of the pancreas). Therefore, it should be used with care in these patients.
- Victoza® is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- It is not known if Victoza® is safe and effective when used with insulin.

### **Who should not use Victoza®?**

- Victoza® should not be used in people with a personal or family history of MTC or in patients with MEN 2.

### **What is the most important information I should know about Victoza®?**

- In animal studies, Victoza® caused thyroid tumors. The effects in humans are unknown. People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- In clinical trials, there were more cases of pancreatitis in people treated with Victoza® compared to people treated with other diabetes drugs. If pancreatitis is suspected, Victoza® and other potentially suspect drugs should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed. Victoza® should be used with caution in people with a history of pancreatitis.

- Serious low blood sugar (hypoglycemia) may occur when Victoza® is used with other diabetes medications called sulfonylureas. This risk can be reduced by lowering the dose of the sulfonylurea.
- Like all other diabetes medications, Victoza® has not been shown to decrease the risk of large blood vessel disease (i.e. heart attacks and strokes).

### **What are the side effects of Victoza®?**

- Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath while taking Victoza®. These may be symptoms of thyroid cancer.
- The most common side effects, reported in at least 5% of people treated with Victoza® and occurring more commonly than people treated with a placebo (a non-active injection used to study drugs in clinical trials) are headache, nausea, diarrhea, and resistance to liraglutide (antibody formation).
- Immune system related reactions, including hives, were more common in people treated with Victoza® (0.8%) compared to people treated with other diabetes drugs (0.4%) in clinical trials.
- This listing of side effects is not complete. Your health care professional can discuss with you a more complete list of side effects that may occur when using Victoza®.

### **What should I know about taking Victoza® with other medications?**

- Victoza® slows emptying of your stomach. This may impact how your body absorbs other drugs that are taken by mouth at the same time.

### **Can Victoza® be used in children?**

- Victoza® has not been studied in people below 18 years of age.

### **Can Victoza® be used in people with kidney or liver problems?**

- There is limited data on using Victoza® in people with kidney or liver problems. Victoza® should be used with caution in these types of people.

### **Still have questions?**

This is only a summary of important information. Ask your doctor for more complete product information, or

- call 1-877-4VICTOZA (1-877-484-2869)
- visit victoza.com

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Version 1

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# food recipes

FROM TYLER FLORENCE GIVES THANKS



## Meet Tyler

For chef and television personality Tyler Florence, pulling away from busy schedules to be with family is the best way to give thanks. “Most of the time everyone has their own independent life, going to work or school,” he says. “So the table becomes a sanctuary for everybody, where everything just stops and you can connect with each other.”

Tyler is the author of six best-selling cookbooks and the host of several Food Network shows, most recently *The Great Food Truck Race*. Over the summer he opened his first restaurant, Wayfare Tavern, in San Francisco and is planning two more restaurants this year. He’s also the founder of the organic baby food label Sprout.

## Herb-Roasted Turkey

PREP 25 min. ROAST 50 min. OVEN 400°F

- 1 12 to 14 lb. turkey
- ¼ cup extra virgin olive oil
- 2 Tbsp. chopped fresh thyme leaves
- 2 Tbsp. chopped fresh oregano
- 2 Tbsp. chopped fresh rosemary
- 2 Tbsp. chopped fresh sage
- Kosher salt and freshly ground black pepper

1. Preheat oven to 400°F. Pat turkey dry with paper towels and set it on a cutting board. With a boning knife, separate the thighs/legs from the bird by cutting through the skin and joint where thigh connects to the body; set aside.
2. Remove the breasts from the bone by using a sharp, thin knife to cut down the length of the turkey breast bone. This can also be done by a butcher (see “Quick-Roasted Turkey,” right). Set aside bones for Calvados Gravy, right. At this point, you will have two thigh/legs and two breasts.
3. In a mixing bowl combine the olive oil, thyme, oregano, rosemary, and sage. Mix together and rub all over turkey. Finish by liberally seasoning the turkey all over with salt and pepper.
4. Place legs, skin side up, in a large roasting pan. Roast 20 minutes. Carefully remove pan from oven; add breasts to pan, skin side up. Roast 30 to 45 minutes, or until breast

reaches 165°F when checked with a thermometer. Remove from oven; loosely cover with foil and let rest for 20 minutes before slicing (See “Plattering and Presenting,” right). Makes 8 to 10 servings.

EACH SERVING 550 cal, 16 g fat, 327 mg chol, 361 mg sodium, 1 g carbo, 0 g fiber, 95 g pro.

## Calvados Gravy

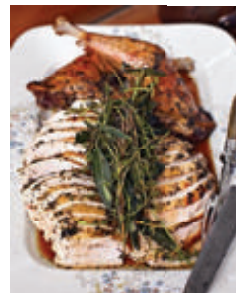
The holidays are a time for splurging, so Tyler opts for Calvados, a dry apple brandy made in Northern France, to add a flavorful boost to his gravy.

PREP 45 min. COOK 40 min. OVEN 400°F

- Turkey bones (from Herb-Roasted Turkey, left)
- 3 to 4 Tbsp. extra virgin olive oil
- 2 medium carrots, peeled and coarsely chopped
- 1 large onion, coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 turnip, peeled and coarsely chopped
- 1 large Granny Smith apple, peeled, cored and chopped
- 1 garlic clove, peeled
- ⅓ cup all-purpose flour
- 6 cups low-sodium chicken stock
- Kosher salt and freshly ground black pepper
- ½ cup Calvados, apple brandy, or apple juice
- 4 Tbsp. (½ stick) cold unsalted butter, cubed

1. Preheat oven to 400°F. Place turkey bones in a roasting pan; rub with 2 Tbsp. of the oil. Roast until golden brown, about 35 to 40 minutes.
  2. Meanwhile, place carrots, onion, celery, turnip, apple, and garlic in a food processor (work in batches if needed) and pulse to a coarse puree. Remove bones from roasting pan; set aside. Place roasting pan on stove over high heat. Add remaining olive oil and vegetable puree. Cook and stir 15 minutes, until most of the moisture has cooked off and vegetables begin to caramelize. Sprinkle with the flour; cook 2 minutes more, stirring well to incorporate flour.
  3. Gradually add chicken stock, stirring to ensure there are no lumps. Place bones back in pan. Bring to a simmer. Season well with salt and pepper. Add the Calvados; gently simmer 20 minutes more. Remove from heat and strain through a sieve into a saucepan (Don’t use a very fine mesh sieve, as allowing some of the pulp to pass through helps thicken the gravy). Whisk in a few of the cold butter cubes at a time until incorporated. Repeat until all the butter has been incorporated. This thickens the sauce and adds a glossy, velvety finish and richness. Makes 3½ cups gravy.
- EACH SERVING 140 cal, 9 g fat, 11 mg chol, 85 mg sodium, 9 g carbo, 1 g fiber, 3 g pro.

Calvados Gravy, Fall Salad, Big Papa’s Banana Pudding, and Homemade Chocolate Tart recipes reprinted from *Tyler Florence Family Meal* © 2010 by Tyler Florence. Permission granted by Rodale, Inc. Available wherever books are sold.



## QUICK-ROASTED TURKEY

Tyler cuts his turkey into sections for roasting, reducing the cooking time by half. If you prefer, ask your butcher to remove the legs and breasts for you. You will need the bones for the Calvados Gravy, so be sure to let the butcher know you want the carcass as well.

## PLATTERING AND PRESENTING

To serve the turkey, Tyler slices the breasts and leaves the leg pieces whole. Then he pours all the flavorful pan drippings over the turkey. As a garnish, he fries whole sprigs of herbs, such as sage, thyme, and rosemary, in hot oil in a large saucepan until crisp. He drains and cools them before piling them on the platter.



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# Who Would You Bake Some Love for?

My daughter's favorite thing to do is bake Toll House® chocolate chip cookies. She claims she knows the exact amount of chocolate chips needed for the perfect batch: the whole bag minus 10 morsels. Then she says she'll gladly "take care" of those extras.



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## Fresh Cranberry Compote

Serve any leftover compote on buttered bread, with pound cake, over ice cream, or on leftover turkey sandwiches.

PREP 15 min. STAND 6 hrs.

- 2 12-oz. bags of fresh cranberries
- 2 oranges, seeded and coarsely chopped
- 1 large Granny Smith apple, peeled, cored, and coarsely chopped
- $\frac{3}{4}$  cup Grand Marnier or orange juice
- 1 cup white sugar
- 2 whole cinnamon sticks
- $\frac{1}{2}$  tsp. fresh shaved nutmeg

Place cranberries, oranges, and apple in a food processor (in batches if needed). Pulse 8 to 10 times or until mixture is coarsely chopped. Once pulsed, transfer to a large bowl and add the Grand Marnier, sugar, cinnamon, and nutmeg. Mix well to incorporate, cover with plastic, and let stand at room temperature for at least 6 hours or, ideally, overnight (refrigerate if using orange juice rather than Grand Marnier). This will allow the fruit to macerate and break down into a sauce. After 6 hours, taste and adjust sweetness with additional sugar as desired. Refrigerate and store up to 2 weeks. Remove cinnamon sticks before serving. Makes 8 to 10 servings.

EACH SERVING 76 cal, 0 g fat, 0 mg chol, 1 mg sodium, 17 g carbo, 2 g fiber, 0 g pro.



### SEASONAL SPREAD

It's a Florence Thanksgiving tradition to offer guests holiday starters that feature autumn fruits. Tyler serves sliced apples, crostini, and honey—still in the comb, from his own bees—alongside generous wedges of his favorite local blue cheeses. To sip, he serves cranberry-orange water and local cider spiced with anise and apple slices.

## Roasted Holiday Vegetables

PREP 25 min. ROAST 35 min. OVEN 400°F

- 1 Tbsp. fennel seed
- 2 lb. Yukon gold potatoes, unpeeled, cut in chunks or wedges
- 1 large yellow onion, cut in half and sliced thick
- 2 heads fennel, cored and cut in wedges the same thickness as the onion slices (optional: reserve tops for serving)
- 2 sprigs fresh rosemary
- 2 Tbsp. extra virgin olive oil
- Kosher salt and freshly ground black pepper

1. Preheat oven to 400°F. Toast the fennel seed in a skillet over medium heat for 3 to 5 minutes, shaking the pan often to prevent seeds from burning. (Toasting releases natural oils in the seeds.) Place potatoes, onion, and fennel wedges in a large bowl. Add the toasted fennel seed, rosemary sprigs, olive oil, and a few pinches of salt and pepper; toss.

2. Transfer the vegetable mixture to one large or two small parchment-lined rimmed baking sheets. Roast 35 to 45 minutes or until vegetables are crispy on the outside and tender on the inside when pierced with a fork. Remove from the oven, toss with the chopped fennel tops, and serve warm. Makes 8 to 10 servings.

EACH SERVING 156 cal, 4 g fat, 0 mg chol, 103 mg sodium, 29 g carbo, 5 g fiber, 4 g pro.

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## food | recipes

### Fall Salad

PREP 20 min. COOK 3 min.

- 3 Tbsp. unsalted butter
- 3 Tbsp. packed light brown sugar
- 1 cup pecans
- 2 small shallots, minced
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. Dijon-style mustard
- ½ cup extra virgin olive oil
- 2 Tbsp. maple syrup
- 2 heads Belgian endive, leaves separated
- 3 hearts frisée, torn in bite-size pieces
- 1 large head radicchio, leaves torn
- 1 medium red pear, cored and sliced
- ½ cup shaved Parmesan cheese

1. For candied pecans, combine butter and brown sugar in a nonstick skillet over medium heat. When butter has melted, toss in pecans. Cook, tossing occasionally, for about 3 minutes. Transfer to a sheet pan lined with waxed paper. Use two forks to separate the pecans. Set aside to cool.

2. In large bowl combine the shallot, vinegar, and Dijon mustard. Slowly drizzle in the olive oil, whisking constantly until well combined. Add the maple syrup and season to taste with *salt* and *pepper*. Add the endive, frisée, radicchio, and pear slices; toss gently to coat. Serve salad topped with Parmesan shavings and candied pecans. Makes 8 to 10 servings.

*EACH SERVING* 336 cal, 29 g fat, 15 mg chol, 202 mg sodium, 17 g carbo, 2 g fiber, 4 g pro.



### WELL SEASONED

For readymade Thanksgiving flavor, Tyler has created a line of seasoning products. Our picks for fall are the Spiced Apple Brine, American Provence Roasting Rub, and Apple Dijon Grilling Glaze. Available at Tyler Florence stores in Mill Valley and Napa, California (see “Resources,” page 258); at Macy’s stores; and online at [tylerflorence.com](http://tylerflorence.com)

### Slow-Simmered Kale with Ham

PREP 30 min. COOK 1 hr. 15 min.

- 5 bunches kale (Tyler suggests Cavolo Nero or dinosaur kale)
- 3 Tbsp. extra virgin olive oil
- 1 onion, sliced thin
- 2 garlic cloves, peeled and smashed using the side of a knife
- 2 large smoked ham hocks (about 1½ lb.)
- 2 bay leaves
- 3 qts. low-sodium chicken stock
- ¼ cup apple cider vinegar
- 1 Tbsp. sugar
- 1 tsp. red pepper flakes
- Kosher salt

1. To prepare kale, cut away stalks and thick vein along center of the leaves. Discard any leaves that are bruised or yellow. Fill the sink with water and a palmful of kosher salt (the salt helps remove any impurities) and wash the kale thoroughly to remove any grit. Repeat two or three times or until there is no grit left on the bottom of the sink; drain. Stack the leaves a few at a time; cut crosswise into ribbons.

2. Heat oil in a large, deep pot over medium heat. Add the onion and garlic, stir to coat, then add the ham



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Totino's® Pizza Rolls®	Pre-Fried	10	1.5

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hocks and bay leaves; cook about 10 minutes, or until the onions are softened. Pack in the greens, pushing them down into the pot; then add the stock, vinegar, sugar, and red pepper flakes. Bring to a rolling boil and cook for 10 minutes, until greens start to wilt, then turn the greens over with a wooden spoon and lower the heat until the liquid is simmering. Cover; cook for 45 minutes. Taste the broth and add kosher salt as need. Cook, covered, for an additional 10 minutes. Remove bay leaves. Serve hot. Makes 8 to 10 servings.

**EACH SERVING** 183 cal, 8 g fat, 22 mg chol, 1,121 mg sodium, 18 g carbo, 3 g fiber, 14 g pro.

## Sourdough Dressing with Roasted Apples and Sage

This dressing is like a savory bread pudding, perfect for soaking up the rich Calvados Gravy.

**PREP 45 min. BAKE 35 min. OVEN 400°F**

- 3 Tbsp. extra virgin olive oil
  - 2 garlic cloves, peeled and crushed
  - 4 leaves fresh sage
  - 4 fresh thyme sprigs
  - 2 large onions, diced medium
  - Kosher salt and freshly ground black pepper
  - 3 Granny Smith apples, cored and cut in small wedges
  - 1½ cups pecans
  - 2 large eggs, lightly beaten
  - ¾ cup heavy cream
  - 1½ cups low-sodium chicken stock
  - 5 cups torn sourdough bread (crusts removed)
  - ½ cup fresh flat-leaf parsley, roughly chopped
- Extra virgin olive oil

1. Preheat oven to 400°F. Heat large skillet over medium heat. Add olive oil, garlic, sage, and thyme. As the oil heats, the herbs will crackle and infuse the oil with flavor. Use tongs to remove sage leaves and set aside on a paper towel (reserve for serving). Remove garlic and thyme; discard. Add onions to pan and cook slowly over medium-low to medium heat until caramelized, about 15 minutes. Season with salt and pepper. Transfer onions to a bowl. Add apple wedges and pecans to the skillet. Gently sauté over high heat until pecans are lightly toasted and apples are slightly softened, 3 to 5 minutes.

2. In a large mixing bowl whisk together the egg, cream, and chicken stock. Add the torn bread, caramelized onions, apple mixture, and the chopped parsley. Use a wooden spoon to mix the dressing well. Season with salt and pepper and drizzle with olive oil. Transfer to a 3-quart baking dish. Bake, covered, 20 minutes. Uncover and continue baking 15 minutes more or until top is golden brown and slightly crusty around edges. Let stand for 10 minutes. Sprinkle with fried sage leaves. Makes 8 to 10 servings + leftovers.

**EACH SERVING** 399 cal, 22 g fat, 56 mg chol, 541 mg sodium, 44 g carbo, 4 g fiber, 10 g pro.

## Florence Mama’s Candied Yams

Sweet potatoes are often referred to as yams in the South, which is how this classic recipe—a cross between a side and dessert—got its name. The dish is rich with butter, so serve with a slotted spoon. If you prefer to cut the richness, use one stick of butter rather than two.

**PREP 25 min. BAKE 1 hr. OVEN 350°F**

- 3 lb. sweet potatoes, peeled and sliced crosswise in ¼-inch-thick rounds
- 1 cup (2 sticks) unsalted butter
- 1 cup light brown sugar, packed
- 3 cinnamon sticks
- ½ tsp. ground nutmeg
- 1 tsp. kosher salt
- 1 orange, thinly sliced into rounds

1. Preheat oven to 350°F. In an ungreased 2-quart baking dish place sweet potato slices, overlapping slightly and covering the dish. In a saucepan, melt butter over low heat. Stir in brown sugar, cinnamon, nutmeg, and salt. Cook until sugar is dissolved, then add the orange slices. Pour the mixture over the potatoes, covering the entire surface.

2. Cover the dish tightly with foil. Bake 40 minutes, or until the sweet potatoes are tender when pierced with a fork. Remove foil and bake 20 to 25 minutes more or until the top is golden brown. Let stand 15 minutes before serving. Makes 8 to 10 servings + leftovers.

**EACH SERVING** 309 cal, 15 g fat, 41 mg chol, 230 mg sodium, 42 g carbo, 4 g fiber, 2 g pro.

## Tyler’s Popovers

**PREP 30 min. BAKE 35 min. OVEN 400°F**

- 2¾ cups milk
- 10 eggs, at room temperature
- 3 cups all-purpose flour
- 1½ Tbsp. sugar
- 3 tsp. kosher salt
- 3 oz. dry Monterey Jack cheese, shredded (¾ cup)
- Nonstick cooking spray

1. Position oven rack in middle of the oven. Preheat oven to 400°F. Grease 12 popover pans.

2. In a medium saucepan bring milk to steaming (160°F). In large bowl, place eggs and lightly beat. Slowly add 1 cup of the hot milk to eggs, stirring until combined. Pour egg mixture into saucepan. Stir to combine. Strain mixture through a fine-mesh sieve into a large mixing bowl. Sift the flour, sugar, and salt over the egg mixture. With an electric mixer, beat on lowest speed for 10 minutes. Increase speed to medium-low and beat 5 minutes more. Strain mixture through a fine-mesh sieve.

3. Place empty popover pan in oven until pan is hot (about 5 minutes). Working quickly, fill pans three-quarters full. Sprinkle with cheese. Immediately

### HEIRLOOM RECIPES

“I like to include dishes that I grew up on—recipes that represent my heritage,” says Tyler. “I have warm memories of my grandmother’s house in rural Georgia. Her candied yams were always on the Thanksgiving table. And I make them just like she did, heating the butter and sugar on the stove top and pouring it over the potatoes before popping them in the oven. It couldn’t be simpler.”



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return pan to oven, and bake for 35 minutes or until popovers are deep golden brown (do not open the door while popovers bake, as this could cause them to collapse). Remove from baking pan; place on a wire rack to cool. Immediately pierce sides of popovers with a skewer to allow steam to escape so they stay crisp longer. Makes 12 popovers.

EACH SERVING 245 cal, 9 g fat, 183 mg chol, 612 mg sodium, 29 g carbo, 1 g fiber, 12 g pro.

## Big Papa's Banana Pudding

"As kids my brothers and I used to fight over the last of this addictive pudding, and my kids love it just as much," Tyler says. "My dad, Big Papa, serves it weekly when he cooks for his church congregation."

PREP 40 min. BAKE 15 min. OVEN 350°F

- 2 cups half and half
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  tsp. salt
- 3 egg yolks
- 2 Tbsp. unsalted butter, at room temperature
- 2 Tbsp. pure vanilla extract
- 2 egg whites
- $\frac{1}{4}$  tsp. cream of tartar
- $\frac{1}{2}$  tsp. pure vanilla extract
- $\frac{1}{4}$  cup powdered (confectioner's) sugar
- $\frac{1}{2}$  of 12-oz. box vanilla wafers (about 44)
- 3 ripe bananas, sliced  $\frac{1}{4}$ -inch thick

1. For the pudding, combine half-and half and sugar in a stainless-steel bowl or top of a double boiler set over simmering water. Whisk in flour and salt until combined, about 2 minutes; remove from heat. Place egg yolks in a separate bowl. Gradually add half of the hot cream mixture, stirring constantly to temper the eggs. Whisk egg mixture into remaining hot cream and place back over the simmering water. Cook, whisking constantly, until mixture has thickened to the consistency of pudding, about 10 minutes. Remove from heat. Stir in butter and vanilla; set aside.

2. Preheat oven to 350°F. For the meringue, beat egg whites in a bowl with an electric mixer for 1 minute. Add the cream of tartar, vanilla, and confectioner's sugar. Beat on medium-high speed until the whites form stiff peaks.

3. To assemble, cover the bottom of a 2-quart square baking dish with half of the vanilla wafers. Top with half of the banana slices and half of the pudding. Make a second layer, ending with pudding. With a spatula, spread meringue over entire banana pudding, forming attractive peaks. Place dish in the oven and bake for 15 minutes or until mixture is golden brown on top. Makes 8 to 10 servings.

\*For individual servings as shown on page 165, layer pudding and wafers in serving dishes. Prepare meringue using pasteurized egg whites. Dollop on servings. With a crème brûlée torch brown meringue, using a back and forth motion.

EACH SERVING 394 cal, 16 g fat, 109 mg chol, 253 mg sodium, 57 g carbo, 2 g fiber, 6 g pro.

## Homemade Chocolate Tart

"You need only a small slice of this rich, dense tart to satisfy a hankering for chocolate," Tyler says. "I use a shortbread for the tart shell because it's crumbly and a bit sweeter to balance the bittersweet chocolate."

PREP 55 min. BAKE 25 min. OVEN 350/325°F

### Shortbread Crust

- $\frac{3}{4}$  cup (1½ sticks) cold unsalted butter
- $\frac{1}{4}$  cup granulated sugar
- 1 Tbsp. powdered sugar
- 2 cups all-purpose flour
- 1 egg white, lightly beaten

### Filling

- 1 cup heavy cream
- $\frac{1}{2}$  cup milk
- 8 oz. excellent-quality bittersweet chocolate (70% cacao), chopped
- $\frac{1}{4}$  cup granulated sugar
- $\frac{1}{4}$  tsp. salt
- 2 large eggs, at room temperature, beaten

1. To make the crust: Preheat oven to 350°F. In a medium saucepan melt butter over low heat. Remove from heat, add both sugars, and stir to combine. Stir in the flour and set aside to cool for 15 minutes (the dough will still be a little warm). Press the dough evenly onto bottom and sides of tart pan. It is important to fit the dough evenly into every nook and cranny of the pan, especially the scalloped edges. Trim excess dough with a knife.

2. Place the tart shell on a sturdy cookie sheet so it will be easy to move in and out of the oven. Line the shell with aluminum foil and add pie weights or dried beans to keep the sides of the tart from buckling. Bake for 30 minutes. Take the tart out of the oven; remove foil and weights or beans. Using a pastry brush, lightly coat the shell all over with a thin layer of egg white. Return to oven and continue to bake for another 8 minutes until the shell is cooked through and a light golden color, but not browned. (The tart will be cooked again with the filling; you don't want it to burn on the second bake.) Set aside to cool while making the filling. Reduce the oven temperature to 325°F.

3. To make the filling: Combine the heavy cream and milk in a saucepan and heat over medium-low heat until mixture just simmers around the edges. Remove pan from heat, add chopped chocolate, and stir until smooth. Add sugar and salt; whisk until well incorporated. Let sit for 5 minutes to cool slightly. Add eggs, and whisk until completely blended. Pour filling into cool tart shell, and bake for 15 to 20 minutes until the filling is just set and surface is glossy. If bubbles or cracks form on the surface, remove tart from oven—it's beginning to overbake. Cool on wire rack. Serve warm or at room temperature. Makes about 12 servings.

EACH SERVING 501 cal, 34 g fat, 113 mg chol, 99 mg sodium, 43 g carbo, 3 g fiber, 7 g pro. ■



### FOOD TO SHARE

Tyler's most recent book, *Tyler Florence Family Meal*, is all about spending time at the table with those who matter most. "Unless I am out of town I always find a way to have dinner with my family," he says. "When we sit around the table, a sharing process goes on between us that transcends the food."



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# Enter to Win

Your recipe could win \$500 in our Prize Tested Recipes® Contest. (See page 219)

Enter original (never before published) recipes in Prize Tested Recipes contest, which features two new categories each month.

## MONTHLY PRIZES

Two \$500 winners. One \$250 Mixing Bowl People's Choice winner.

## June 2011 Categories

**SMOOTHIES & SHAKES** Combine tasty ingredients to make a smoothie in your blender or food processor. Perhaps you'll make it sweet and thick with fruit and yogurt or ice cream. Add nut butter or chocolate for flavor, or soy products for a health boost. Or select vegetables and juice for fresh, crisp drinks made with crushed ice—then add herbs and spices to brighten the combination. Make it a simple-to-do recipe.

**TACOS WITH A TWIST** To hold flavorful filling, use soft plain, whole grain, or flavored flour or corn tortillas, a crunchy or bowl-shape shell, or flat bread. For filling, go beyond typical beef, pork, or chicken with special seasonings. Or create a fish and veggie combo. Meatless tacos—filled with onions, sweet potatoes, beans, or other ingredients—are welcome too. For a unique twist, make homemade salsa. Then send in your best recipe.

## This Month's Winners (See pages 219, 222.)

**\$400 WINNERS** Betsy King, Duluth, MN; Rachel Thacker, St. Charles, MO

**\$200 WINNERS** Ann Donnay, Milton, MA; Megan Hutchins, Boise, ID

**\$50 HONOR ROLL WINNERS** Alynn Ambrose, Lake Saint Louis, MO; Diane Disbrow, Collinsville, IL; Christine Friesenhahn, Boerne, TX; Rhoda Herr, Sun City, FL; Veronica Hightower, Magnolia, NJ; Claudia Kent, Goose Creek, SC; Margo K. Louis, Pasadena, CA; Jillian Sweeney, Baldwinsville, NY; Sheryl Tegtmeier, Otsego, MN; Becky Walch, Manteca, CA

## Contest Details

Subject to Official Rules at [BHG.com/recipe/memberRecipes](http://BHG.com/recipe/memberRecipes) and [Mixingbowl.com/grp/PrizeTestedRecipesTacosSmoothies](http://Mixingbowl.com/grp/PrizeTestedRecipesTacosSmoothies). No purchase necessary. Open to legal U.S. residents, 18 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, IA.

**ENTRY** The June 2011 Contest begins 10/01/2010 and ends 11/22/2010. Online: Enter at [BHG.com/ptrcontest](http://BHG.com/ptrcontest) or submit the entry information in an e-mail to [PTR@meredith.com](mailto:PTR@meredith.com). Online and e-mail entries must be received by 11:59 p.m. C.T. on 11/22/2010. By Mail: Send entries by postal mail to: 0411 Food Dept., Better Homes and Gardens magazine, Des Moines, IA 50309-3023. Mail entries must be postmarked on or before 11/22/2010 and received by 11/30/2010.

**ENTRY INFORMATION** For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in either of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope or e-mail.
- Recipe entries must be created by entrant and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes. Entry must: (1) include recipe name and the number of servings that the recipe yields, (2) use ingredients available in most grocery stores; (3) list ingredients with measurements in order of use; (4) include step-by-step preparation and cooking directions; (5) include entrant name, age, complete address with Zip code, and telephone number with area code, e-mail address is optional; (6) Mixing Bowl entries must include a photo of the prepared recipe. ■



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# Soups and Sweets



Make dinner in a slow cooker or whip up a cranberry dessert with these winning recipes from BHG readers.

BY ERIN SIMPSON | PHOTOS BLAINE MOATS | FOOD STYLING GREG LUNA



**PTR WINNER**  
**Rachel Thacker**  
**St. Charles, MO**  
Rachel's favorite ingredients are the inspiration for her winning slow cooker soup. "I really enjoy Mexican food and experimenting in the kitchen," she says. "I especially like tomatillos, so I decided to add them, along with chiles and lime, to chicken soup."

## \$400 PRIZE: SLOW COOKER SOUPS Tomatillo Chicken Soup

- 6 medium tomatillos, husks removed and rinsed
- 1½ lb. skinless, boneless chicken breast halves
- 1 32-oz. box chicken broth
- 1 medium green sweet pepper, chopped
- ½ cup chopped red onion
- 1 stalk celery, chopped
- 1 4-oz. can diced green chiles
- 2 Tbsp. snipped fresh cilantro
- 1 fresh jalapeño pepper, seeded and minced\*
- 1 Tbsp. ground cumin
- 1 Tbsp. lime juice
- 2 tsp. chili powder
- 2 cloves garlic, minced

**1.** Chop three tomatillos. Place remaining tomatillos in blender. Cover; blend until smooth. In a 3½- or 4-quart slow cooker combine pureed and chopped tomatillos, chicken, broth, sweet pepper, onion, celery, chiles, cilantro, jalapeño, cumin, lime juice, chili powder, garlic, and 1 tsp. each *salt* and *pepper*.  
**2.** Cover; cook on low for 6 to 7 hours or high for 3 to 3½ hours. Remove chicken; let stand until cool enough to handle. Shred chicken; return to soup. If desired, top with *sour cream*, additional chopped red sweet pepper or jalapeño peppers, snipped cilantro, and/or *tortilla chips*. Makes 4 to 6 servings.

\*Hot chile peppers contain oils that can burn skin and eyes. Wear plastic gloves when working with them.

**PTR WINNER**  
**Megan Hutchins**  
**Boise, ID**  
A craving for more interesting dishes from her slow cooker led Megan to develop this soup. "I love Thai flavors and butternut squash, so I put them together for something exciting and interesting," she says. "I added the gremolata for extra crunch and texture."



## \$200 PRIZE: SLOW COOKER SOUPS Butternut Squash Soup With Thai Gremolata

- 2 lb. butternut squash, peeled, seeded, and cut into 1-inch pieces
- 2 cups chicken broth
- 1 14-oz. can unsweetened coconut milk
- ¼ cup finely chopped onion
- 1 Tbsp. packed brown sugar
- 1 Tbsp. fish sauce or soy sauce
- ½ to 1 tsp. Asian chili sauce (Sriracha sauce) or crushed red pepper
- 2 Tbsp. lime juice
- 1 recipe Thai Gremolata, *below*

**1.** In a 3½- or 4-quart slow cooker stir together squash, broth, coconut milk, onion, brown sugar, fish sauce, and Asian chili sauce.  
**2.** Cover; cook on low for 4 to 5 hours or high for 2 to 2½ hours.  
**3.** Use an immersion blender to carefully blend soup until completely smooth. (Or transfer mixture in batches to a food processor or blender; or use a potato masher to mash mixture nearly smooth.) Stir in lime juice. Ladle into bowls and top with Thai Gremolata. If desired, serve with *lime wedges*. Makes 4 to 6 servings.

**Thai Gremolata** In a bowl stir together ½ cup chopped fresh *basil* or *cilantro*, ½ cup chopped *peanuts*, and 1 Tbsp. finely shredded *lime peel*.





## Flavorful FOOD IDEAS

### Quick & Healthy Slow Cooker Chicken & Potatoes



- 4 small (2 lbs) bone-in chicken breasts, skins removed
- 2 tsp. Herbs de Provence
- 1 tsp. garlic salt
- Freshly ground pepper (to taste)
- ½ cup flour
- 1 tbs. canola oil
- 1¼ lbs. small red potatoes
- ¾ cup frozen, thawed pearl onions
- 1 cup small baby carrots
- ¾ cup reduced-sodium chicken broth
- 8 ounces small baby bella or white mushrooms
- chopped fresh thyme (optional)

**1.** Combine the Herbs de Provence, garlic salt and pepper on a dinner plate. Spoon flour on to second dinner plate. Coat each chicken breast in the herb mixture; then dredge well in flour.

**2.** Heat oil in a large skillet. Add chicken and cook over medium-high heat until chicken is golden brown on both sides (approximately 3-4 minutes per side). Cook chicken in two batches if necessary so as not to crowd the pan.

**3.** Place chicken in a large slow cooker and add remaining ingredients except fresh thyme. Cover slow cooker and cook on high for 4 hours or on low for 8 hours. Sprinkle with fresh thyme before serving, if desired.

**Makes 6 servings.**

**POTATOES**  
**GOODNESS**  
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## Flavorful FOOD IDEAS

### Cheesy Ranch Wafers



- 1½ cups butter, softened
- 8 oz. Asiago cheese, finely shredded (2 cups)
- 1¼ cups walnuts, finely chopped
- ¾ cup raisins, finely chopped
- ½ tsp. ground white pepper
- 4 cups all-purpose flour
- 1 1.0 oz. envelope Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix
- Ground black pepper or cracked black pepper (optional)
- Fresh Fruit and/or fig jam (optional)

**1.** In a very large bowl combine butter, cheese, walnuts, raisins and white pepper. Beat with an electric mixer on medium speed until well combined. In a medium bowl stir together flour and seasoning mix. Add to beaten mixture, a little at a time, beating until just combined.

**2.** Divide dough into three portions. Shape each portion into a log about 8-inches long. If desired, roll each log in black pepper to lightly coat. Wrap each log in plastic wrap and freeze about 1 hour or until firm enough to slice.

**3.** Preheat oven to 350°F. Cut logs into ¼-inch slices. Place slices 2 inches apart on parchment paper-lined baking sheets. Bake about 10 minutes or until lightly browned. Cool on baking sheet for 2 minutes. Transfer to a wire rack and let cool.

**4.** Serve with fresh fruit and/or fig jam.

**Makes about 7 dozen.**

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## Salted Oatmeal Chocolate Chip Cookies



- 1 cup (2 sticks) unsalted butter, softened
- 1 cup packed light brown sugar
- ½ cup white sugar
- 2 large eggs
- 2 tsp. vanilla extract
- 1¼ cup all purpose flour
- ½ tsp. baking soda
- 1 tsp. (1/2 for dough, and 1/2 to sprinkle on top) **Morton® All-Purpose Natural Sea Salt**
- 3 cups instant oats
- 1 cup semi-sweet chocolate chips

1. Preheat oven to 325 degrees F.

2. Cream butter, brown sugar and white sugar in mixer on medium speed until smooth, about 3 minutes. Beat in one egg at a time until combined. Add vanilla.

3. In a separate mixing bowl, whisk flour, baking soda and ½ tsp of salt and then add to butter and egg mixture and mix until combined.

4. Fold in oats and chocolate chips into entire mix with a wooden spoon until combined.

5. Drop dough by rounded tablespoons onto parchment-lined baking sheet two inches apart. Use the last ½ tsp of salt to sprinkle a pinch of salt onto the top of each cookie. Bake for about 12 -15 minutes. Allow to cool for 5 minutes before transferring to a cooling rack.

Makes 24 cookies.



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## Quick & Easy Sweet Potato Pie



- 1 pkg. **Simply Potatoes® Mashed Sweet Potatoes**
- ⅓ cup firmly packed brown sugar
- 1 can (5 ounces) evaporated milk
- ⅓ cup **Better'n Eggs®\***
- 1 tbs. melted butter or margarine
- ½ tsp. ground pumpkin pie spice
- 1 (9-in) refrigerated pie crust (15-oz.pkg)

1. Heat oven to 350°F. In large bowl whisk or stir together all ingredients except pie crust; mix until well blended.

2. Unroll pie crust; press into 9-inch pie pan. Crimp edges as desired. Pour sweet potato mixture into pie crust. Bake 40 to 45 minutes or until knife inserted in center comes out clean, covering crust with foil if it browns too quickly. Cool completely. Serve immediately or refrigerate.

Makes 8 servings.

\*Substitute 1 whole egg

***Tip:** Pie is done when the center moves only slightly when pan is shaken.*

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**\$400 PRIZE: CRANBERRY SWEETS**  
**Cranberry-Pear-Walnut Cake**

- 2½ cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. ground cinnamon
- ½ tsp. ground allspice
- 3 Tbsp. butter, softened
- ¾ cup granulated sugar
- ¼ cup packed brown sugar
- 2 eggs
- 1 cup milk
- 2 cups fresh cranberries
- 1 medium pear, peeled, cored, and chopped
- ¾ cup chopped walnuts
- 1 recipe Caramel Sauce, *below*

**1.** Preheat oven to 350°F. Grease and flour a 9×9×2-inch baking pan; set aside. Combine 2 cups of the flour, the baking powder, cinnamon, and allspice; set aside.

**2.** In a large mixing bowl beat butter on medium to high speed for 30 seconds. Beat in sugars. Beat in eggs, one at a time, beating well after each. Add flour mixture alternately with milk, beating on low after each addition until combined. In a bowl toss cranberries, pear, and walnuts with remaining ½ cup flour; gently stir into batter. Spoon into prepared pan.

**3.** Bake 45 to 50 minutes or until a toothpick inserted near center comes out clean. Cool 15 minutes on a wire rack. Remove from pan; cool on rack. Top cake with whipped cream, cranberries, and pear slices. Serve with Caramel Sauce. Makes 12 servings.

**Caramel Sauce** In a large saucepan combine 1 cup packed brown sugar, ½ cup butter, ½ cup half-and-half or light cream, and 2 Tbsp. light-color corn syrup. Bring to boiling, stirring to dissolve sugar. Boil 3 minutes. Remove from heat; stir in 1 tsp. vanilla. Cool slightly.



**PTR WINNER**  
**Betsy King**  
**Duluth, MN**  
After receiving her mother's recipe collection, Betsy tweaked and updated a few of them. That's how she came up with this winning cake recipe. "I decided to add cranberries to Mom's pear-walnut cake, and I found it was the perfect fall dessert," she says.



**\$200 PRIZE: CRANBERRY SWEETS**  
**Cranberry-Orange Caramel Corn**



**PTR WINNER**  
**Ann Donnay**  
**Milton, MA**  
Making a seasonal sweet led Ann to create her winning recipe. "I initially added orange to caramel corn for a festive twist," she says. "Then I thought: cranberries and almonds would go well with the orange. It's almost like a sweet and indulgent granola."

- 12 cups popped popcorn (about ½ cup kernels)
- 1 cup dried cranberries
- ½ cup whole almonds
- ½ cup butter
- ½ cup packed brown sugar
- ¼ cup light-color corn syrup
- 2 Tbsp. orange juice
- 2 tsp. vanilla
- ½ tsp. baking soda

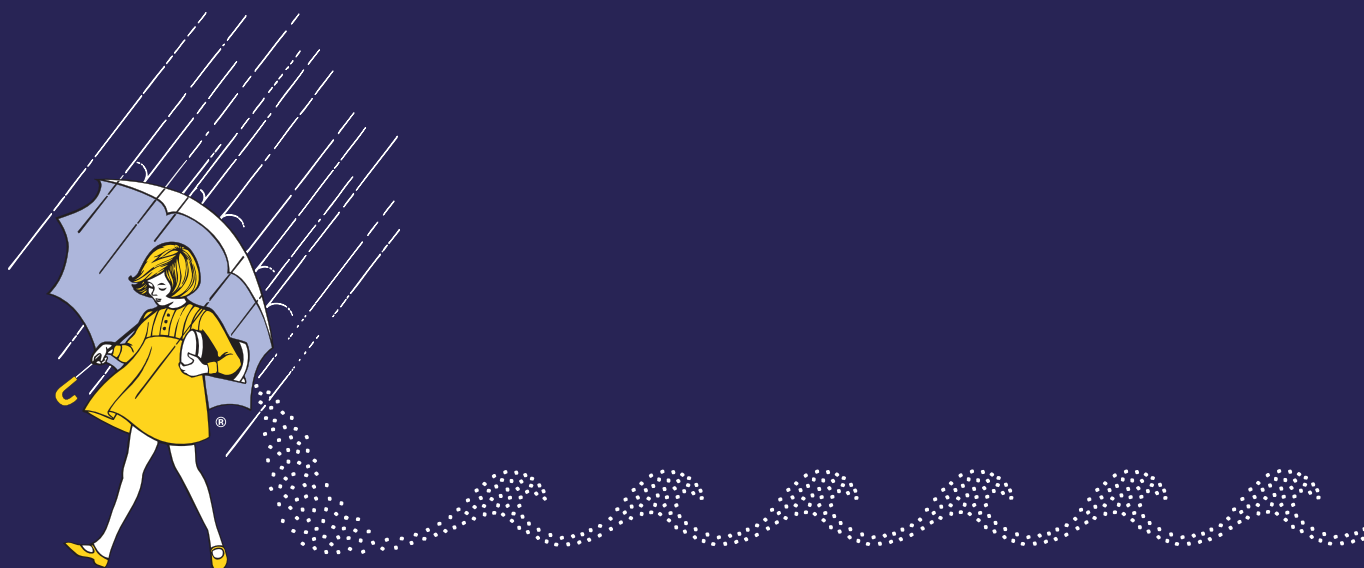
**1.** Preheat oven to 275°F. In a very large bowl combine the popped popcorn, cranberries, and almonds; set aside.

**2.** In a 2-quart saucepan cook and stir the butter, brown sugar, and corn syrup over medium heat until butter is melted. Stir in orange juice. Bring to boiling over medium heat. Boil at a moderate, steady rate for 2 minutes. Remove from heat. Stir in vanilla and baking soda (mixture will foam up).

**3.** Pour the syrup mixture over the popcorn mixture in bowl; stir to coat well. Transfer to a 15×10×1-inch baking pan or a shallow roasting pan. Bake for 30 minutes, stirring twice. Transfer caramel corn to a large sheet of greased heavy foil; cool. Makes 20 (½-cup) servings.



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# BETTER

## House call

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# BETTER HEALTH

## Sneeze the day

Take control of indoor allergies with these 6 simple steps.

BY VIRGINIA SOLE-SMITH

### Could it be a cold?

**This time of year, it's tough to tell whether sniffles stem from an allergy or a virus. Linda Ford, M.D., an allergist in Omaha, Nebraska, offers these diagnostic clues.**

**COLD** often comes with a sore throat or low-grade fever; tends to cause congestion with yellowish mucus; is associated with isolated sneezes; abates in about a week.

**ALLERGY** is associated with itchiness; tends to produce clear runny mucus; often induces fits of sneezing; can persist as long as the allergen is present.

**B**elieve it or not, fall and winter are prime time for allergy symptoms, reports Clifford Bassett, M.D., medical director of Allergy & Asthma Care of New York in New York City. That's because triggers such as dust mites, dander, and mold abound in homes—and holing up in cold weather magnifies exposure. Luckily, a few basic tricks can speed relief.

#### 1 CLEAN YOUR KEEPSAKES

It's tempting to unpack cherished holiday mementos and immediately press them into service. Problem is, after a year of sitting in the basement or attic, they often are crawling with dust mites. The fix: If an item is washable, clean it in hot water. If an item can't get wet or is heat-sensitive, stick it in a plastic bag and freeze it for 3–5 hours. Dr. Bassett says dust mites often can't survive temperature extremes and lack of air.

#### 2 BOOT FLUFFY FROM BED

Sleeping next to a pet can make you feel warm, cozy... and physically miserable. Blame the animal's dander, tiny particles of dead skin and fur that rub off onto bedding. "I'd say 10 to 20 percent of people with allergy symptoms

are allergic to their pets," Dr. Bassett says.

Your doctor can advise you on managing a pet allergy long-term. In the meantime, have your four-legged friend decamp to a pet bed.

#### 3 LOSE THE SHOES

Though most trees aren't producing pollen at this point, their fallen leaves are busy breeding mold. And once those spores get on your shoes, they can travel inside with you. "Just walking across the room releases tons of particles," warns Jeffrey Siegel, Ph.D., an associate professor of environmental engineering at the University of Texas in Austin. To dodge the risk, kick off your sneaks upon entering.

#### 4 DON'T FAKE FRESH AIR

Scented candles and potpourri seem like perfect antidotes to stale indoor air. The problem is, up to 30 percent of people are sensitive to products with added fragrance, says Anne Steinemann, Ph.D., a professor of civil and environmental engineering at the University of Washington in Seattle. A better way to clear the air: Open windows for at least 20 minutes every day.

#### 5 PUT THE CHRISTMAS TREE ON LAYAWAY

Many Christmas tree vendors open the day after Thanksgiving. But ho-ho-hold your horses: Research shows that indoor mold spore counts (a marker of decay) climb every day a tree sits in your living room. If you don't want to trim a faux tree, try waiting until the week before Christmas to buy a live one.

#### 6 SLEEP IT CLEAN

Washing pillowcases won't eliminate the dust mites found in pillows, Dr. Bassett says. So aim to treat your pillows every few weeks. Synthetic bedding usually can be laundered—just load pillows in pairs for balance in the washer, and add two tennis balls slipped into socks to re-fluff in the dryer. Because laundry detergent can damage feathers, place down-stuffed pillows in the freezer for a few hours or stick them outside on a cold day. ■





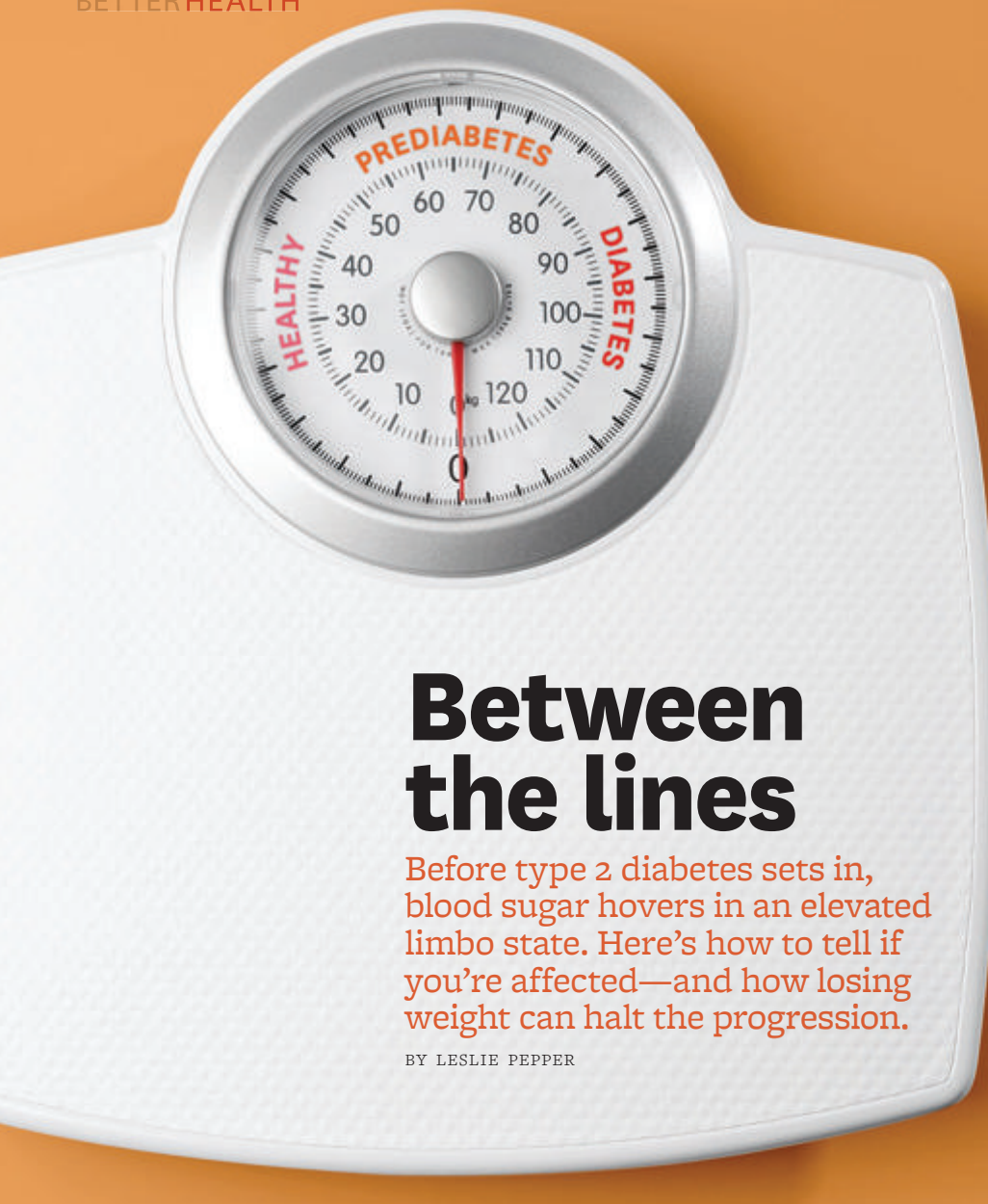
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# Between the lines

Before type 2 diabetes sets in, blood sugar hovers in an elevated limbo state. Here's how to tell if you're affected—and how losing weight can halt the progression.

BY LESLIE PEPPER

**C**an anyone help?" began the post on a popular health message board. The commenter, recently diagnosed with prediabetes, had a simple question for the forum: Which foods can help keep blood sugar in check? Replies trickled in, but answers remained elusive. "What is prediabetes?" a bewildered poster asked. "I thought you were either diabetic or not?" Another forum member agreed, declaring, "I have also heard there is no such thing as a prediabetic." Even commenters who knew of prediabetes were at a loss: One suggested going on a high-protein diet, while another recommended eating more whole grains. One person warned against eating fruit, only to have someone claim that

fruit *juice* is the thing to avoid. Fourteen posts down the page, a commenter finally lost all patience and wrote, "Doesn't your doctor have any info on this?"

Good question. When it comes to prediabetes, Americans can't afford to be misinformed. Prediabetes is real—so real, in fact, it affects an estimated 57 million of us. It's defined by a sustained elevation in blood sugar, which starves the body's other cells of fuel and plays havoc with the circulatory system. Health experts once referred to prediabetes with clinical-sounding terms such as "impaired glucose tolerance." Now they've redubbed it so the consequences are clear: If allowed to progress, prediabetes can morph into type 2 diabetes, a chronic malfunction in

## Are you at risk?

Most people with prediabetes experience no symptoms, but the following signs could mean you're at risk. If any of these apply to you (especially if you are 45 or older), ask your doctor about glucose testing.

- A body mass index of 25 or higher (go to [cdc.gov/bmi](http://cdc.gov/bmi) for a BMI calculator)
- Exercising for fewer than 20 minutes three times per week
- An immediate family member with diabetes
- High blood pressure
- Low HDL ("good") cholesterol or high triglycerides
- Polycystic ovary syndrome
- Gestational diabetes, or giving birth to a baby weighing more than 9 pounds
- Being of African-American, American Indian, Hispanic, Asian-American, or Pacific Islander descent



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glucose (sugar) metabolism that can lead to problems from skin infections and bone thinning to heart disease and nerve damage.

The good news is that prediabetes is often reversible. The challenge? It rarely produces symptoms, and according to a report in the *American Journal of Preventive Medicine*, fewer than 10 percent of sufferers know they have it.

#### MODERN MENACE

Some experts call prediabetes a “Western problem,” which is a delicate way of saying we’ve brought this scourge upon ourselves. They seem to be right. Today’s overscheduled, multitasking approach to living is rigged for weight gain and lack of physical movement—the two biggest risk factors for prediabetes. “Americans are working harder than ever, and it’s difficult to make time to exercise and shop for healthy meals,” acknowledges Susan Herzlinger Botein, an attending physician at the Joslin Diabetes Center in Boston.

That’s a danger because fat tissue, compared with lean muscle, doesn’t respond as well to insulin—and this hormone is critical to moving glucose out of the bloodstream and into the cells that need it. Plus, the insulin demands of an overweight body can simply exceed what the pancreas is able to produce. And because exercise enhances the body’s glucose metabolism, time-strapped women who skip workouts put themselves at an added disadvantage. It doesn’t take much to stray

into the danger zone: Research shows that a body-mass index of just 25—this would apply to a 5-foot-5 woman weighing 150 pounds—can ratchet up prediabetes risk.

Though the trend is difficult to track, experts say prediabetes has grown increasingly common. “Things have shifted dramatically in the last 20–30 years,” reports Joel Zonszein, M.D., director of the Clinical Diabetes Center at Montefiore Medical Center in New York City. “Judging by test results from my patients, more and more people are living in a prediabetic state.”

Yet millions of sufferers remain in the dark, because this red flag flies in a gray area. Blood sugar hovers above normal, but isn’t quite high enough to qualify as diabetes proper. “Even when doctors test for elevated blood glucose—and many don’t—they sometimes fail to explain the risks and simply tell patients to come back in a year for retesting,” Dr. Zonszein says. He adds that some doctors don’t even mention high blood sugar specifically—they just tell patients to lose weight and exercise without explaining how urgent those recommendations really are.

The resulting lack of public awareness can be ruinous. A large study conducted by the National Institutes of Health found that people with prediabetes who did nothing about it went on to develop full-blown diabetes at twice the rate of those who made lifestyle changes to correct course.



**Anna Hummell, 34**  
La Mirada, California

## What worked for me: Baby-step workouts

Anna Hummell wandered into the parking lot feeling dazed, her doctor’s stern warning echoing in her ears: *Anna, unless you make a change, diabetes is almost inevitable.*

For Anna, the problem began with her pregnancy two years earlier, which left her 40 pounds overweight. “I wasn’t eating the way I should have been,” she admits. But she understood the seriousness of prediabetes all too well: For years she had watched her mother, a type 2 diabetes sufferer, juggle a daunting regimen of medication and blood sugar monitoring. Worse yet, the disease had left Anna’s grandfather blind.

Her prediabetes diagnosis marked a turning point. Anna cleared her cupboards of unhealthy high-calorie snacks and came up with a visual rule for meals. “The majority of the food on my plate had to be vegetables and lean protein,” she explains. “Then off to the side I would put a little bit of bread or carbs as a treat.”

Anna also started walking every night, which was a struggle at first. “I’d say to myself, *OK, once you get to that palm tree, you can go home,*” she recalls of her neighborhood strolls. Within a few weeks, however, Anna found herself enjoying the exercise. Twelve months later, the extra 40 pounds—and her prediabetes—were gone. “The lightbulb finally turned on for me,” she says. “I really am in charge of my health.”





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## BETTER HEALTH

### TAKING CONTROL

In the coming months, more Americans finally might get the diagnosis they need. The American Diabetes Association (ADA) recently added a blood test called the A1C to its list of approved diagnostic tools. This test offers a snapshot of long-term glucose control, commonly expressed as a percentage. A healthy A1C reading is below 5.7 percent; prediabetes is 5.7 to 6.4 percent. Readings above 6.4 percent indicate type 2 diabetes. Unlike older blood tests, the A1C doesn't require fasting or guzzling a big glucose drink. This "anytime" flexibility holds the potential to make testing during routine exams much easier.

And it's a good thing. The ADA advises getting tested for prediabetes if you're 45 or older and overweight; or if you are under 45, overweight, and have any other risk factors (see the checklist on page 228).

A diagnosis can be a lifesaving wake-up call. One major study found that just 30 minutes a day of moderate physical activity, coupled with a 5–10 percent reduction in body weight, slashed participants' risk of developing type 2 diabetes by 58 percent. (Medication sometimes is needed in advanced cases.)

Health experts hope that by proving the power of DIY measures, they can inspire people to make positive changes. "I have seen amazing results from patients who put their minds toward improving their health," attests Caroline Abruzzese, M.D., president of Personalized Healthcare, an integrative health center in Atlanta. "I believe we can turn prediabetes from an epidemic into a historical footnote."

### Go Online

For seven ways to rein in blood sugar starting today, go to [BHG.com/prediabetes](http://BHG.com/prediabetes).



**Brenda Johnson, 46 and Alphonso, 15**  
Raleigh, North Carolina

## What worked for us: A community program

As the pediatric nurse fiddled with the scale, Brenda Johnson stood to the side, her concern mounting. 165... 170... 180... She winced when she saw the final number: Her 12-year-old son, Alphonso, weighed 200 pounds.

As Brenda would soon learn, Alphonso's blood sugar was elevated, too—enough to place him in the prediabetic range. Brenda was heartbroken. The pair recently had relocated to North Carolina from Georgia, and the move had been hard on her son. What Brenda didn't realize was that Alphonso had been consoling himself with food. "I found stashes of junk food under his bed, in his closet, and under his pillow," Brenda says.

Assuring Brenda that her son's health could be improved, Alphonso's pediatrician referred them to WakeMed Hospital in Raleigh, which runs a family program aimed at reducing kids' risk of type 2 diabetes. The program wasn't easy: It required mother and son to attend three nights a week. But it paid off. Alphonso and Brenda took classes in nutrition and body confidence. Each session also included physical activity, which sparked Alphonso's interest in kickboxing.

Three years later, Alphonso is a healthy 152 pounds, and his blood sugar has returned to normal. Says Brenda with a laugh, "I've gone back to calling him by his childhood nickname: Little A!" ■



# GIVE GINGIVITIS ITS FOUR WEEK NOTICE.



Introducing a toothpaste clinically proven to help reverse gingivitis in just four weeks, putting you on your way to a healthier mouth.

New Crest Pro-Health Clinical Gum Protection. Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. It protects these areas dentists check most: cavities, gingivitis, plaque, sensitivity, tartar, whitening, and fresh breath.



# HATE psoriasis. LOVE clearer skin.

**Brittany S.**  
**HUMIRA Patient**

**HUMIRA could help your moderate to severe chronic plaque psoriasis.**

## **Who is HUMIRA for?**

HUMIRA is used to treat moderate to severe chronic (lasting a long time) plaque psoriasis in adults who are under the ongoing care of a physician, have the condition in many areas of their body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills). When considering HUMIRA, your physician will determine if other systemic therapies are medically less appropriate.

## **Clearer skin is possible with HUMIRA.**

In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks. Your results may vary.

**Ask your dermatologist if HUMIRA is right for you.**  
**Learn more at [HUMIRA.com](http://HUMIRA.com) or call 1.800.4HUMIRA**

HUMIRA is taken by injection and available by prescription only.

**You are encouraged to report negative side effects of prescription drugs to the FDA.**  
**Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1.800.FDA.1088.**

If you cannot afford your medication, contact: [www.pparx.org](http://www.pparx.org) or call the toll-free phone number (1.888.4PPA.NOW) for assistance.

**With the HUMIRA  
PROTECTION PLAN  
your co-pay could be  
\$5 a month\*.**

**HUMIRA PROTECTION PLAN**  
Helping Patients Access HUMIRA

**HUMIRA<sup>®</sup>**  
adalimumab

**1.888.486.4723**

Please see accompanying full Prescribing Information, including Medication Guide, in brochure.

**OPUS HEALTH**

RUIN: XXXXXX  
RUCN: XXXX  
RUCR: XXXXXXXXXX  
RUCD: XXXXXXXXXX  
SUR: XX

\*Eligibility and other restrictions apply to co-pay program.



## Important Safety Information<sup>1</sup>

### What is the most important information I should know about HUMIRA?

- **Serious infections.** HUMIRA can lower your ability to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and monitor you closely for signs and symptoms of TB during treatment with HUMIRA.
- **Certain types of Cancer.** There have been cases of unusual cancers in children and teenagers using TNF-blocker medicines. For children and adults taking TNF-blocker medicines, including HUMIRA, the chance of getting lymphoma or other cancers may increase. Some patients have developed non-melanoma skin cancer; tell your doctor if you have a bump or open sore that doesn't heal.

### Tell your doctor about all of your health conditions, including if you:

- ✓ Think you have an infection. Don't start HUMIRA if you have any kind of infection.
- ✓ Are being treated for infection, or have signs of an infection, such as fever, cough, or flu-like symptoms
- ✓ Have any open cuts or sores
- ✓ Get a lot of infections or have infections that keep coming back
- ✓ Have diabetes
- ✓ Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB
- ✓ Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.
- ✓ Have or have had hepatitis B
- ✓ Take other medicines, especially Kineret (anakinra). Some medicines that suppress the immune system may increase your risk of serious infections.
- ✓ Are scheduled for major surgery
- ✓ Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.
- ✓ Have heart failure or other heart conditions
- ✓ Have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines.
- ✓ Are allergic to rubber, latex, or any ingredients of HUMIRA
- ✓ Are pregnant, planning to become pregnant, or breastfeeding

### Call your doctor right away if you have an infection or any sign of an infection while on HUMIRA.

### HUMIRA can cause other serious side effects, including:

- Allergic reactions.
- Hepatitis B virus reactivation in patients that carry the virus in their blood.
- Nervous system problems.
- Blood problems.
- New heart failure or worsening of heart failure you already have.
- Immune reactions including a lupus-like syndrome.
- New psoriasis or worsening of psoriasis you already have.

**Common side effects of HUMIRA include** injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections, headaches, rash, and nausea.

### These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.

Reference: 1. HUMIRA injection [package insert]. North Chicago, IL; Abbott Laboratories.

### Please see additional Patient Information on the following pages.

Talk to your dermatologist about

**HUMIRA**<sup>®</sup>  
adalimumab

**An example of  
75% skin clearance.**

For illustrative purposes only.  
Your results may vary.



In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks.

# HUMIRA® (HU-MARE-AH) (adalimumab)

## CONSUMER BRIEF SUMMARY CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

### Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment with HUMIRA.

#### What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of the immune system to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with HUMIRA.

#### Before starting HUMIRA, tell your doctor if you:

- think you have an infection. You should not start taking HUMIRA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, or flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret.
- are scheduled to have major surgery

**After starting HUMIRA, call your doctor right away** if you have an infection, or any sign of an infection, including:

- a fever

- feel very tired
- a cough
- flu-like symptoms
- warm, red, or painful skin
- open cuts or sores on your body

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

#### Certain types of Cancer.

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including HUMIRA, the chances of getting lymphoma or other cancers may increase.
- Some patients receiving HUMIRA have developed types of cancer called non-melanoma skin cancer (basal cell cancer and squamous cell cancer of the skin), which are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Patients with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

**See the section "What are the possible side effects of HUMIRA?" below for more information.**

#### What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used in adults or children (as indicated) to:

- Reduce the signs and symptoms of:
  - **moderate to severe rheumatoid arthritis (RA)** in adults. HUMIRA can be used alone or with methotrexate or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA)** in children 4 years of age and older. HUMIRA can be used alone or with methotrexate or with certain other medicines.
  - **psoriatic arthritis (PsA)**. HUMIRA can be used alone or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **ankylosing spondylitis (AS)**
  - **moderate to severe Crohn's disease (CD)** in adults who have not responded well to other treatments.

- **Treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps)** in adults who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

People with these diseases have too much of a protein called tumor necrosis factor (TNF) in the affected areas of the body. HUMIRA can block the bad effects of TNF in those affected areas, but it can also lower the ability of the immune system to fight infections. See **"What is the most important information I should know about HUMIRA?"** and **"What are the possible side effects of HUMIRA?"**

#### What should I tell my doctor before taking HUMIRA?

##### Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See "What is the most important information I should know about HUMIRA?"
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have heart failure or other heart conditions. If you have heart failure, it may get worse while you are taking HUMIRA.
- have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines. Except for live vaccines, patients may still receive vaccines while on HUMIRA. It is recommended that children with juvenile idiopathic arthritis be brought up to date with all immunizations prior to starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.

**Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.** HUMIRA should only be used during a pregnancy if needed. Women who are breastfeeding should talk to their doctor about whether or not to use HUMIRA.



**Pregnancy Registry:** Abbott Laboratories has a registry for pregnant women who take HUMIRA. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

**Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you take Kineret (anakinra).** You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret. Also, tell your doctor if you are taking other medicines that suppress the immune system.

**Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.**

### How should I take HUMIRA?

See the section, “**How do I prepare and give an injection of HUMIRA?**” at the end of the Medication Guide that comes with HUMIRA for complete instructions for use.

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than prescribed.**
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection.
- If you take more HUMIRA than you were told to take, call your doctor.
- Do not miss any doses of HUMIRA. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. To help you remember when to take HUMIRA, you can mark your calendar ahead of time with the stickers provided in the back of the Medication Guide.

### What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including:

**See “What is the most important information I should know about HUMIRA?”**

#### • Serious infections.

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you

may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. Patients who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)
- **Allergic reactions.** Signs of a serious allergic reaction include a skin rash, a swollen face, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with HUMIRA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
  - feel unwell
  - poor appetite
  - tiredness (fatigue)
  - fever, skin rash, or joint pain
- **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **New heart failure or worsening of heart failure you already have.** Symptoms include shortness of breath or swelling of your ankles or feet or sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may go away when you stop HUMIRA.
- **Psoriasis.** Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

**Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.**

**Common side effects with HUMIRA include:**

- **Injection site reactions** such as redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. If you have pain, redness or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.
- **Upper respiratory infections** (including sinus infections)
- **Headaches**
- **Rash**
- **Nausea**

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

### General information about HUMIRA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

For more information go to [www.HUMIRA.com](http://www.HUMIRA.com) or you can enroll in a patient support program by calling 1-800-4HUMIRA (448-6472).

Rev. July, 2010

Ref: 03-A329-R21

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## Snooze on your to-dos

Going to the dentist, picking up the dry cleaning, returning that pie plate you borrowed from your neighbor. **Some days, remembering to get it all done seems impossible.** The trick? Reviewing tomorrow's goals just before bedtime. Here's the proof: Researchers at Washington University in St. Louis instructed volunteers to complete a special computer task with the stipulation that they wait 12 hours before trying to do it. During the wait, half of the participants slept while half remained awake. In the end, **people who had snoozed were 30 percent more likely to remember the objective**—and complete the task as directed. The reason might be that sleep enhances communication between the brain's hippocampal and cortical regions, two areas associated with the what, when, and where of intended actions.

85

percentage  
of young  
people who  
put themselves  
at risk of  
acetaminophen  
overdose

## Dose of reality

With sick season upon us, teens and young adults are sure to be hitting the medicine cabinet for relief. Problem is, they might not know what they're taking. In a University of Rochester Medical Center study of people between the ages of 16 and 23, **63 percent of respondents said they'd never heard of acetaminophen** (the active ingredient in Tylenol). Yet in the previous month, 21 percent had taken the pain reliever in various over-the-counter drugs, including some formulated to ease symptoms of colds and flu. Indeed, in a follow-up experiment, 85 percent of the respondents put themselves at risk of acetaminophen overdose. Bottom line: **Teach your teen to read medicine labels for active ingredients—not just brand names.**



Melina B. Jampolis, M.D.

One of only about 200 physician nutrition specialists in the country, Dr. Jampolis is helping lead the way in promoting health through diet.

## Mug shot

**Q: Does decaffeinated green tea offer the same health benefits as green tea? I love traditional green tea, but it makes me jittery.**

**A:** The decaffeinating process *does* remove some of green tea's disease-fighting antioxidants. Studies suggest that these compounds, known as catechins, could decrease one's risk of developing heart disease, dementia, and certain types of cancer, plus boost the weight-loss effects of exercise. **If you do switch to decaf, try adding a squirt of lemon juice to your cup**—the acidity helps prevent catechins from breaking down in the digestive tract. Another point to keep in mind: Tea rapidly releases caffeine into hot water, whereas catechins tend to move more slowly. For this reason, you can try brewing a cup of regular green tea, dumping the caffeinated water after 45 seconds, and then making another cup by steeping the same tea bag for five minutes. **Or consider switching to white tea**, a mild-tasting brew that contains about 25 percent less caffeine than green tea and is even higher in catechins.

**Have a question about how to improve your health?** E-mail us at [BHGfeatures@meredith.com](mailto:BHGfeatures@meredith.com). We'll select one question every issue and ask our health advisory panel to answer it. (Sorry, the doctors can't respond to all your question personally.)



# QUIET!

**SLEEPING COMFORTABLY.**

Due to relief from:  
Coughing. Sneezing.  
Runny nose. Sore throat.  
Body aches.

**NEW DELSYM®  
NIGHT TIME  
COUGH & COLD.**

Use as directed.



[www.delsym.com](http://www.delsym.com)



Children's product not indicated for sore throat or body aches

**Delsym®. Silence is relief.™**

How many vegetables  
have you had today? Yeah,  
that's what I thought.



V8® 100% Vegetable Juice gives you 3 of your 5 daily servings<sup>†</sup> of vegetables in every 12 oz. bottle. Now that's vegetable nutrition you can count on.

**V8 WHAT'S YOUR NUMBER?™**

<sup>†</sup>1 serving of vegetables = 1/2 cup



## Women's movement

Exercising at home is great in theory, but **doing crunches on the living room floor gets old fast**. To the rescue: *Dance with Julianne: Just Dance*, a workout DVD led by two-time *Dancing with the Stars* champ Julianne Hough. Thanks to a **soundtrack of infectious club-style beats**, the moves feel more fun than phys ed. A backup dancer performs modified moves for beginners. \$15; available November 9 at amazon.com.



## A spoonful of... Susta?

Sweet news: **Susta, a sweetener made with fructose and plant extracts**, contains one-third the calories of table sugar (5 per packet), 4 percent of your daily fiber requirement, plus a payload of probiotics that support healthy digestion. Although Susta isn't ideal for baking, experts in our Test Kitchen report that it **makes a nice add-in for fare such as cereal and produces little aftertaste**. \$7 for 50 packets, at supermarkets.

## Beat bedside burnout

People who care for sick or disabled family members **generally feel positive emotions when engaged in active duties** such as feeding, bathing, and dressing. But passive care—just standing by in case a problem arises—tends to evoke negative emotions such as anxiety, according to a study of spousal caregivers from the University of Michigan in Ann Arbor. If you're a caregiver who feels overwhelmed, consider sticking with hands-on tasks and calling in backups for idle monitoring.

## Dial down family stress

**Sometimes busy moms just can't be home to console a child after a tough day at school**. Luckily, a phone call works just as well, say researchers at the University of Wisconsin-Madison. They asked a group of girls, ages 7–12, to endure nerve-racking challenges such as solving math problems in front of strangers. This sent the girls' stress levels—as measured by the hormone cortisol—soaring. Afterward, some girls received hugs and reassurance from Mom, while others got a soothing pep talk from their mothers over the phone. (A third group watched a movie as a control measure.) Surprisingly, **Mom's voice in both forms brought down the girls' cortisol levels significantly**, plus boosted their levels of oxytocin, a feel-good hormone that promotes bonding. ■

Vegetables.  
Get 'em while  
they're hot.



Serving suggestion



Campbell's® V8® soups are a velvety, delicious way to help you get your daily servings of vegetables.

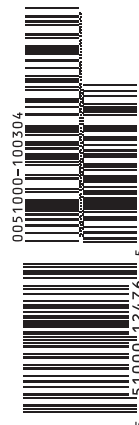
**V8. WHAT'S YOUR NUMBER?™**

MANUFACTURER COUPON EXPIRES 12/31/10

**SAVE \$1.00**  
on any V8® soup



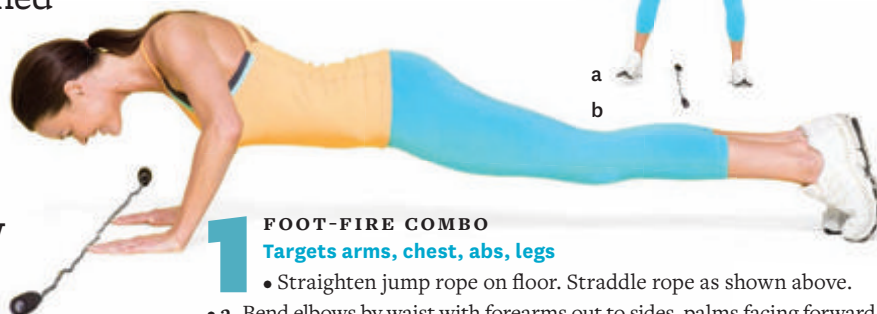
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# Roped in

Jump your way to toned with this 15-minute workout from our sister magazine *Fitness*. Lacey Stone, trainer at Equinox fitness center in New York, tells you how.

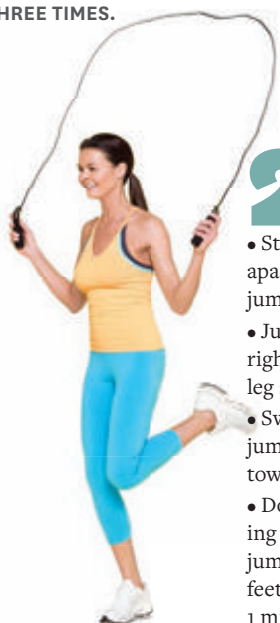
WHAT YOU'LL NEED: JUMP ROPE  
REPEAT CIRCUIT THREE TIMES.



## 1 FOOT-FIRE COMBO

**Targets arms, chest, abs, legs**

- Straighten jump rope on floor. Straddle rope as shown above.
- **a.** Bend elbows by waist with forearms out to sides, palms facing forward.
- Move feet up and down as fast as you can (football drill-style) for 20 seconds.
- **b.** Drop down to side of jump rope and do 5 push-ups. Stand up; repeat combo.



## 2 ROPE RUNNER

**Targets arms, abs, butt, legs**

- Stand with feet hip-width apart, holding handle of jump rope in each hand.
- Jump rope, trying to touch right heel to butt while left leg skips as usual.
- Switch legs on the next jump, bringing left heel toward butt.
- Do 6 jumps total, alternating legs each time, then jump straight up with both feet once. Repeat combo for 1 minute.



## 3 ALTERNATING HIGH KNEES

**Targets arms, abs, butt, legs**

- Stand with feet hip-width apart, holding handle of jump rope in each hand.
- Jump rope, bringing right knee up in front of you as close to hip height as possible while left leg skips as usual.
- Switch legs on the next jump, bringing left knee up.
- Continue alternating knees for 1 minute.



## 4 SQUAT JACK

**Targets arms, abs, butt, legs**

- **a.** Stand with feet together, holding handle of jump rope in each hand.
- **b.** Jump rope, moving legs out to sides and squatting as you land.
- On next jump, hop backward as you bring legs together and stand upright. Then hop forward, landing in squat again.
- Continue alternating between squat and standing jumps (as if doing jumping jacks) for 1 minute.



## 5 ZIGZAG

**Targets abs, butt, legs**

- Straighten jump rope on floor. Stand with feet together to right of rope at one end, facing opposite end.
- Jump diagonally to left side of rope, keeping feet together, then quickly jump diagonally to right side of rope.
- Hop forward in zigzag pattern until you reach other end. Reverse jumps back to starting position.
- Continue jumping forward and backward for 1 minute. ■



**"I was reluctant to talk to my doctor  
about my unresolved depression symptoms.  
I'm glad I finally did."**

Actor portrayal.

## Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

**ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.**



**Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.<sup>†</sup>**

### Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients

\* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

<sup>†</sup> Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please read the additional Important Information about ABILIFY on the adjacent page.**

**Learn about a free trial offer\* for ABILIFY.  
Visit [www.ABILIFYmeplus.com](http://www.ABILIFYmeplus.com)**

**Take the next step—ask  
your doctor about ABILIFY.**

<sup>†</sup>Restrictions apply.



If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to [www.pparx.org](http://www.pparx.org)



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## IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

### Name

ABILIFY® (a-BIL-ĭ-fĭ) (aripiprazole) (air-ĭ-rĭ-pĭ-ra-zall)

### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

### What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

### What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

### Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

### What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

**Stroke or ministroke in elderly patients with dementia:** An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

**Neuroleptic malignant syndrome (NMS):** Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

**Tardive dyskinesia (TD):** Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

**High blood sugar and diabetes:** Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

**Orthostatic hypotension:** Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

**Leukopenia, Neutropenia, and Agranulocytosis:** Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

**Suicidal thoughts:** If you have suicidal thoughts, you should tell your healthcare professional right away.

**Dysphagia:** Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

### What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

### Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

### What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

### What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit [www.abilify.com](http://www.abilify.com). Talk to your healthcare professional if you have questions or develop any side effects.

### What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

### Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

### How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

### General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMLT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

### Find out more about ABILIFY:

Additional information can be found at [www.abilify.com](http://www.abilify.com)

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# Night rider

Driving after dark poses special hazards. But these 5 tips from safety experts will help you steer clear.

BY MAUREEN SANGIORGIO

With Daylight Saving Time ending November 7, motorists have special reason to be concerned: 49 percent of fatal car collisions occur after sundown, even though just 25 percent of road travel occurs at night. This is partly because the human eye doesn't function well in low-light conditions. That said, it's possible to stay safe; the rules of the road are just a little different after dark.

**LISTEN TO YOUR GPS** "Although GPS units can be helpful if you're driving in unfamiliar surroundings, their brightly lit screens can distract you at night," says Bill Van Tassel, Ph.D., manager of driver training operations at AAA. That's worrisome considering that driver distraction is a factor in 16 percent of fatal collisions. Van Tassel's advice: Dim the display, or turn the screen from view and follow the voice commands instead.

**BUFF YOUR HEADLIGHTS** "All it takes is a bit of road grime to reduce the brightness of your headlights, interfering with your ability to see *and* be seen," cautions Jim Gallagher, a safety expert with the professional trucking organization America's Road Team. His advice: Squeegee your headlights every time you get gas.

**SHRINK SPEED LIMITS** Even the cleanest low-beam headlights illuminate just 160 feet or so in front of the car. This might not give you enough distance to react and stop if you encounter a road obstruction such as a fallen tree. Indeed, if you're traveling 50 mph, your car needs 268 feet to brake. So slow down and be on the alert for interference up ahead.

**BEWARE OF OVERHEAD GLARE** Glare is usually associated with the headlights of oncoming cars. (To protect your eyes, follow the time-tested advice to look toward the right side of the road until the car passes.) But glare also can come from above. "Some overhead streetlights are so bright that they make it harder to see than if the road were simply dark," Gallagher says. In that case, use your sun visor to block out the brightness.

**SEGMENT YOUR STOP** If the motorist behind you is drowsy or zoned-out, braking abruptly could lead to a rear collision. Instead, tap your brake pedal a few times to engage your brake lights. "The flashing lights alert the motorist that you're *about* to slow or stop, so he'll naturally back off a bit," Van Tassel says. Then you can brake fully.

## Teen driving alert

Car crashes are the leading cause of death for teenagers in the United States—and such collisions are far more common after sundown than during the day. Even if your state allows teens to drive unsupervised at night (check with your DMV), consider riding with your child on several occasions to ensure he or she understands the basics of after-dark road safety, such as maintaining distance from other vehicles. Then, experts say, it's best to limit nighttime driving until a teen has at least 50 hours of road experience under her belt. ■

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# BETTER FAMILY

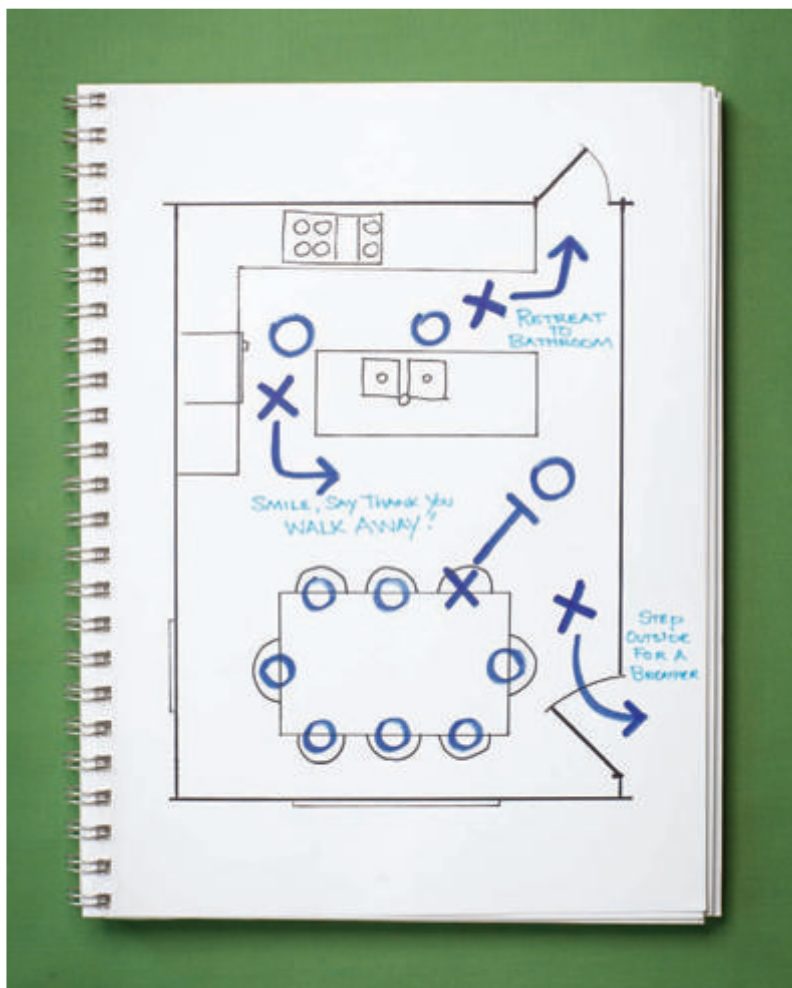
## Holiday game plan

Menus. Money. Meddling. The season's eatings and greetings—and your family—can have you dreading this time of year. Here's one expert's prudent advice.

BY EMILY YOFFE | PHOTO KATHRYN GAMBLE

**A**s the author of the *Dear Prudence* column for *Slate.com*, my mailbox is filled with life's more peculiar dilemmas. But as the holidays approach, I am guaranteed a deluge of the perennial predicaments people find themselves in as they prepare to gather with their loved ones. Of course there are families that come together with seamless harmony. If you belong to one of those, count your blessings. But for the rest of us, who love our families while dreading certain unpleasant aspects of the season, it can help to have a guide for navigating the most common sources of friction: food, money, and I-know-better-than-you-what-you-should-do-with-your-life.

Before I share my greatest-hits amalgam of holiday complaints, some advice: Keep in mind that the high expectations of what a family gathering should be, combined with intense, enforced togetherness, can magnify annoyances that are more easily brushed off other times of the year. If you accept that your family is made up of people like you—well-meaning but flawed—it's easier not to take seeming slights and criticisms personally. Now let's get to it.



**I have long been on a salt-restricted diet. Everyone in my family knows this, yet each Thanksgiving dinner consists of food that could double as a salt lick. What should I do about the fact that my family doesn't care that I can't partake of this meaningful meal?**

So much of the holidays revolve around food, and powerful emotions are evoked by the tastes and smells of your family's traditional dishes. Putting this meal together—even if everyone pitches in—means a lot of work and pressure for the hostess. If your family refuses to alter the menu to accommodate you, bring or prepare a dish you know you can eat—everyone could use some salad!—then accept the fact that even if most of the food is off-limits, as an average



# Make the right choice.

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Facts:

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American, you are unlikely to starve because of reduced offerings at a single meal. These days, many people have special food needs, and it's unwieldy and unfair if everyone expects a new menu to accommodate their situation. Given the surfeit of offerings at the holiday meal, surely anyone can load a plate with something. If necessary, unobtrusively boil yourself a couple of eggs. Large gatherings go best when people try to put personal demands aside. You don't want to hijack the holiday by making your requirements for the main course the main act.

**I've lost 15 pounds this year, and I'm dreading the holidays because my mother won't let anyone refuse seconds. Help!**

Every family has a member who takes it as a personal mission to either stuff loved ones like geese being fattened for foie gras or scold the indulgent. No one can make you eat a second serving of stuffing without your consent. Instead of putting more food in your mouth, just keep repeating, "It was delicious, thanks, but I'm full."

**This has been a tough financial year, and it's going to be tougher: My family makes a huge deal about Christmas gifts. How do I choose between playing Santa**

## Relatives have known and loved you all your life, and the urge to offer life's wisdom can't always be suppressed. Who knows? One of these nuggets might be a gem.

**and paying my mortgage?**

No one should be expected to take on a financial burden just to engage in a gift-giving round-robin. There is still time to set ground rules for Christmas. For example, agree that only the children will get gifts, then put a ceiling on what people can spend. Or decide that everyone will purchase one universally appropriate gift and distribute these by drawing names out of a hat. Or have everyone contribute what they can to a charitable gift on behalf of the entire family. Or agree that just being together will be gift enough. If the family wants to keep its extravagant tradition, then explain with a simple, nondefensive apology that this year Santa is on sabbatical at your house.

**I take pride in choosing something lovely for the people I care about, but I'm getting tired of receiving last-minute junk or regifts in return. Should I tell them how mad this makes me?**

When our innate sense of reciprocity and fairness feels violated, our anger can be way out of proportion to the offense. If year after year you feel you invest more than you receive, don't

lecture your family on their failings, just put less money and emotion into your gift-giving. Choose something nice but generic—a book, a bottle of wine. That way, while you'll feel good about what you offer, you'll feel less ripped off by whatever you receive in return.

**I love my family, but sometimes I feel bombarded by meddling: Have I tried this with my job search? Have I tried that to control my diabetes? What if I just don't want to talk about it?**

We have to accept that the holidays mean sharing what's going on in our lives. If there are issues you don't want to discuss, do some advance work. If you want to take a break from thinking about a frustrating job search, you could ask your mother, for example, to put out the word that things are difficult and you don't want to talk about it. If you want to inquire about a sensitive topic, start off with small talk, then pull the person aside and ask if it's OK to ask.

*Emily Yoffe's Dear Prudence column appears Thursdays on Slate.com.*

### PLAYBOOK

## The questions you don't want to answer

Four basic strategies for getting out of awkward family-fête situations.

**1 Use the non sequitur.** In the movie *Please Give*, a middle-aged couple invites the elderly woman in the apartment next door to come for dinner. The older woman looks the husband up and down and says, "You're gaining weight!" To which he nods, smiles, and says, "Thank you!" "Thank you!" is a great all-purpose answer to any cutting or critical remark.

**2 Try limited honesty.** To an intrusive question you do not want to discuss, you can have a brief, direct response. "That's a difficult subject and I'd rather not get into it. I want to just enjoy the holiday."

**3 Dare to be dull.** Talk about the ingredients in the artichoke dip: "Do you think Maryanne uses mayonnaise or sour cream?" Discuss the weather: "I hope we don't get as much snow as last year. I got ice dams in my gutters." And remember, you can always count on, "So, what about those Steelers?"

**4 Practice avoidance.** Start with what sounds like the preface to an answer: "Hmmm, that's a good question," then segue into a disappearing act: "Gosh, excuse me but I've got to get some more of that artichoke dip, it's so delicious!" ■





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# Drawing table

Stuff the holiday kids' table with activities guaranteed to keep your littlest guests in their seats.

BY MEGAN FALCONE AND LARA NULIE

PHOTOS KATHRYN GAMBLE



**GOBBLE, GOBBLE** It's eats and crafts time at the dinner table this year—starting with a game and some handmade turkey place mats that will keep everyone entertained while you're preparing the real bird. To create a paper turkey for each kid, cut out two circles from construction paper for the body and head, then use paper scraps to design the eyes, beak, and feet. Assemble the troops to decorate the feathers, then take turns playing “Pin the Feathers on the Turkeys” so that every turkey gets a tail. After the game, put them under the plates, and voilà!—instant place mats.



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Harvest new family traditions with activities, crafts, and tasty treats galore—it's as easy as pumpkin pie.



**LEAF MOTIF** Break from raking—it's time for baking. Whip up a batch of cookies in advance using a leaf-shape cookie cutter. While you're working the stove, set the kids to work too, decorating cookies with frosting, sprinkles, licorice rope, and other edibles. Display the prettiest ones on a dessert table or save them to give as gifts to friends, family, or teachers.

**PUT A RING ON IT** The toilet paper rolls you normally discard? Save them—they'll make perfect DIY napkin rings. Put each kid in charge of his own creation. Decorate the rings with construction paper to look like pilgrims, Native Americans, and other traditional figures. Bonus: They're finger puppet-ready after the last plate is cleared.

**TURN THE TABLES** Just this once, encourage the younger set to draw on the table. Instead of a table runner, use a long sheet of paper that kids can doodle on before, during, and even after dinner.

#### MOVEABLE FEAST

After dessert, share your holiday bounty with some outdoor friends. Using a needle and thread, string popcorn and dried fruit to hang as an edible garland in the backyard. Then sit back and watch the feasting. The birds, squirrels, and other creatures soon will be as stuffed as you. Extra time? Create a few more garlands for indoors using craft materials, and get a jumpstart on decorating. ■





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# BETTER MONEY

BY SARA CLEMENCE



## Vintage savings

There are plenty of ways to keep the wine flowing affordably during the holidays, says Leslie Sbrocco, wine expert and founder of the website Thirsty Girl. If you're buying more than a few bottles, **ask your favorite retailer if there are discounts on cases—most will offer 10–20 percent off.** And look for varietals that are similar to the wines you like, but are less expensive. Try Malbec from Argentina instead of Cabernet Sauvignon; if you like zesty whites, South African Chenin Blanc can stand in for Sauvignon Blanc. Spanish Cava offers the sparkle of champagne for less than \$20.

## Bank on it

A growing number of people are **protecting their financial security** with a yearly look at their credit report. But don't stop there—follow up by checking your bank account history. **You're entitled to one free consumer report each year,** and it's especially important to review if you've been a victim of identity theft. "Obtaining a copy annually keeps you apprised of accounts being opened and checks being ordered in your name," says banker-turned-financial educator Denise Winston. Obtain yours from ChexSystems at [consumerdebit.com](http://consumerdebit.com) and **immediately follow up on incorrect information.**

# \$180

**yearly savings  
in energy bill  
when using  
a digital  
thermostat**

## Saving by degrees

It's one thing to install a programmable thermostat, but to reap the rewards you have to use it correctly. Chris Spencer, a home comfort and energy-efficiency expert with Lennox Industries, says to **consider family schedule in the settings**—waking up, leaving for work and school, coming home, and going to sleep. **Program the temperature to be about 8 degrees cooler** when you're away from home or asleep. And make sure to use "hold" or "vacation" when you're out of town. **The savings can add up quickly:** Spencer says a family can reduce energy bills about \$180 a year—and stay comfortable.

## Family affairs

If your kids are expressing worries about money, talk to them about it directly, advises Naomi Zikmund-Fisher, a school principal and crisis consultant in Ann Arbor, Michigan. **Ask them what they are afraid of, and answer questions honestly.** If there could be a layoff in the family, explain how things might change for them. "If you say, 'Don't worry about it,' that's the worst," Zikmund-Fisher says. Remind them that the whole family is in it together, and **empower them with age-appropriate ways to save, like making sure the lights are turned off,** renting a movie instead of going out, or choosing generic versions of their favorite foods. ■







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#### WELL DRESSED

**Page 31: “Bleeker” dining chairs**, Present Tense Collection—Better Homes and Gardens Furniture Collection produced under license by Universal Furniture International, Inc.; 877/804-5535; bhgfurniture.com. **Wreath**—Michael’s Arts & Crafts; 800/642-4235; michaels.com. **Cornucopia basket**, custom stain, Minwax, White Wash Pickling Stain—Hobby Lobby; 800/323-9204; hobbylobby.com. **Cotton fabric concornucopia, burlap**—Hancock Fabrics; 877-426-2625; hancockfabrics.com. **Platter**—Williams-Sonoma; 800/541-2233; williams-sonoma.com. **Black candlesticks**—IKEA; 800/434-4532; ikea.com. **Tablecloth fabric**, Donegal Tweed—Sequana (to the trade) Holland & Sherry; hollandandsherry.com. **Glassware**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Page 32: white plates**—Royal Doulton; royaldoulton.com. **Yellow-rim plates**—World Market; 877/967-5362; worldmarket.com (product varies by location). **Napkins, cake stand**—Pottery Barn; 800/922-5507; potterybarn.com. **Silverware**—Reed and Barton; reedbarton.com. **Fabric flowers**—Ashley Meaders, Dolci Odille; ashleymeaders.com. **Menu card calligraphy**—Betsy Dunlap; betsydunlap.com. **Menu card, silverware tie concepts**—courtesy Karen Mordechai; sunday-suppers.com. **Tissue paper**—Michael’s Arts & Crafts (see previous).

#### PRETTY SMART

**Pages 36-43: kitchen designer**—Ann Yarbrough; 404/441-5292. **Pages 36-37: cabinetry**, maple custom, island countertop “Calcutta Moonlight,” through kitchen designer—Ann Yarbrough (see previous). **Custom paint** (Sandy White)—Benjamin Moore & Co.; benjaminmoore.com. **Pendant lighting, green and white pillows, table lighting**—Pottery Barn; 800/922-5507; potterybarn.com. **Window blinds**, custom—Forsyth Fabrics; 800/241-9393; forsythfabrics.com. **Sink, faucet**—Pegasus through The Home Depot USA (see previous). **Table, chairs**—antique, discontinued, or personal belonging. **Pages 38-39: exterior paint** (Backpack)—Duron; duron.com. **Cabinetry hardware**, stained—The Home Depot USA; homedepot.com. **Cabinet countertops**, honed black granite—Ann Yarbrough (see previous). **Refrigerator**—Jenn-Air Customer Service; 800/688-1100; jennair.com. **Range, hood**—Wolf Appliance Co.; 800/332-9513; wolffappliance.com. **Dishwasher**—Bosch; 800/866-2022; boschappliances.com. **Pages 40-41: sofa, coffee table, chairs, rug, pillows**—Armour & Co.; 404-817-3725; armourandco.com. **Round table, table lamp**—antique, discontinued, or personal belonging. **Drapery**, silk (Silver Sage)—Restoration Hardware; restorationhardware.com. **Wall paint** (Shadow Beige)—Pratt & Lambert; prattandlambert.com. **Pages 42-43: mirror**—The Home Depot USA (see previous). **TV chest**—Crate & Barrel; crateandbarrel.com. **Deck furniture**—Lowe’s; lowes.com.

#### MAPLE GOLD

**Page 47: expert designer**—Marlaina Teich Designs; 516/378-0228; mtdny.com. **Page 48: range**, 30-inch (Bisque with Black)—Sears Kenmore; 888/536-6673; kenmore.com. **Sink**, fireclay—Barclay Products, Ltd; 800/446-9700; barclayproducts.com. **Dishwasher**—Maytag; 800/688-9900; maytag.com. **Cabinets**, “Williamsburg” (Amber)—KraftMaid Cabinetry; 800/571-1990; kraftmaid.com. **Cabinet bin pulls, soap dispenser**, polished nickel—Rejuvenation; 888/401-1900; rejuvenation.com. **Countertop laminate** “Liven”—Wilsonart Int’l. Inc.; 800/433-3222; wilsonart.com. **Tile insets** (Celadon Gloss) crackle—Motawi Tileworks; 734/213-0017; motawi.com. **White backsplash subway tile**, “Cobsa Subway Wave”—Home Carpet One; 773/935-9314; homecarpet1.com. **Faucet**—Chicago Faucets; 847/803-5000; chicagofaucets.com. **Window vinyl clad**—Scientific Window; 888/724-9463; scientificwindow.com.

#### BEDTIME STORIES

**Page 50: interior design**—Pebbles Glenn and Kristin Epting Sullivan, Glenn Epting Interior Design, 3133 Maple Dr., Atlanta, GA 30305; 404/842-9772. **Architect**—Chip Murrah, 1915 Airport Rd., Atlanta, GA 30341; 404/848-0013. **Page 52: interior design**—Ann Pirhonen, The Gate House; 310/417-9137; email gatehouse1a@earthlink.net. **Bed**—Niermann Weeks (to the trade); 212/319-7979; niermannweeks.com. **Drapery fabric around bed**, “Bellington” (Oyster)—Pindler & Pindler, Inc. (to the trade); 805/531-9090; pindler.com. **Duvet fabric**, “The Paisley Stripe” (Pink)—Kathryn Ireland for Christopher

Norman Inc. (to the trade); 212/647-0303; christophernorman.com. **Bedskirt fabric**, “Lydia Chow” (Dutchess Blue)—The Silk Trading Co.; 800/854-0396; silktrading.com. **Settee**—Barclay Butera, Inc.; 323/634-0200; barclaybuterahome.com. **Settee fabric**, “Charee” Silk Stripe (Light Blue/White)—F. Schumacher & Co. (to the trade); 888/298-2991; fschumacher.com. **Settee pillow fabric**, “Shangri-La” (Faded Oyster)—Bennison Fabrics (to the trade); 212/223-0373; bennisonfabrics.com. **Rug**—Designer’s Rug Resources; 310/459-0888. **Pink lamp**—Schall Studio & Design; 502/634-0723. **Mirror**—Grace Home Furnishings; 310/475-7176; gracehomefurnishings.com. **Magazine rack**—Dan Marty Designs; 310/576-6008. **Blue floral pillows**—HD Buttercup; 310/558-8900; hdbuttercup.com. **Armchair and fabric, pillow fabric**—Diamond Foam & Fabric; 323/931-8148; diamondfoamandfabric.com. **Page 54: headboard fabric**, “Popover”; **desk chair fabric**, “Stripedot”—Studio Bon Textiles; studiobon.net. **Bedding**—Pottery Barn; potterybarn.com. **Desk chair**—vintage Eames. **Page 56: interior design**—Brandon Neff, Brandon Neff Design; 619/398-5871; brandonneffdesign.com. **Builder**—George Arroyo, GEA Custom Builders; 619/251-4976. **Headboard, screen**—World Market; 800/267-8758; worldmarket.com (product line varies). **Platform**—through Brandon Neff Design (see previous). **Bedding, throw**—Macy’s; 800/289-6229; macys.com. **Drapes, hardware, photo frames**—IKEA; US: 877/345-4532; Canada: 888/932-4532; ikea.com. **Area rug**—West Elm; westelm.com. **Chairs and throw pillow fabric**—UFO, National City, Calif.; 619/477-9341. **Lamp on nightstand**—Highlights Lighting, Inc., San Diego; 619/232-6064. **Brown wall paint**, “Timber Trail,” **doors, trim, and molding paint**, “Powdered Snow,” Behr Premium Plus Paints—Home Depot USA; 800/854-0133; behr.com.



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#### PREMIUM BLEND

**Pages 70-76: interiors**—Rachel Reider Interiors; 617/942-2460; rachel@rachelreider.com. **Builder**—Kwame Awudo; Smith & Awudo Construction, Inc.; 617/210-0135; kwame@smithawudo.com. **Pages 70-71: drapes**, custom design—Dreamscapes of Boston; 617/542-0575. **Fabric**, silk #8486—Kravet; kravet.com. **Gold side chair** “Brooke,” leather—Mitchell Gold; mgbwhome.com. **Caned side chair**—vintage. **Blue linen fabric**, #25377-15—Kravet; kravet.com. **Pages 72-73: sofa**, custom—no longer available. **Painted spool chair**—Jayson Home and Garden; 800/472-1885; jaysonhomeandgarden.com. **Coffee table fabric**, “Valtekz Sidewinder” (Pomegranate), faux leather—Lee Ind.; leeindustries.com. **Side tables**—Global Views (to the trade); globalviews.com. **Pillows**—Anthropologie; 800/309-2500; anthropologie.com. **Table lamp**—Crate and Barrel; crateandbarrel.com. **“Serena” chandelier**—Oly Studio (to the trade); olystudio.com. **Pages 74-75: bench**, “Pollack” #7513/06 (Purple Velvet)—Lee Ind. (see previous). **Table**—personal belonging. **Chairs**, dark brown finish, cream leather—Oly Studio (see previous). **Drapes**, custom design—Dreamscapes of Boston; 617/542-0575. **Drape fabric**, “Harlequin” #HHY02223—The Martin Group (to the trade); 617/951-5506; martingroupinc.com. **Rug**—Landry and Acari; 800/649-5909; landryandacari.com. **Wall color** (Bottle of Bordeaux)—Benjamin Moore & Co.; benjaminmoore.com. **Art work**, Christy Bonneau—Jules Place; 617/542-0644; julesplace.com. **Cabinets** (Peppercorn Cherry)—KraftMaid Cabinetry; for a dealer 800/571-1990; kraftmaid.com. **Light over island, glass mosaic back splash tiles** (Jade)—Discover Tile; discovertile.com. **Wall paint** (Spanish Moss)—C2; c2paint.com. **Pages 76-77: side table**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Custom headboard**—no longer available. **Custom drapes, bed pillows**—Dreamscapes of Boston (see previous). **Silk drapery fabric**, #8486-3330—Kravet (see previous). **Cornice fabric**, #2001-04—Donghia Furniture/Textiles, Ltd.; 800/366-4442; donghia.com. **Lamps**—Icon Group, Design Center; bostondesign.com. **Silk pillow fabric** #6023/06—Pollack Assoc. (to the trade); pollackassociates.com. **Bedding** (Silver Sage)—Restoration Hardware; for store locations call 800/762-1005; restorationhardware.com. **Throw**—Emma Gardner Design; emmagardnerdesign.com. **Art work**—Jules Place; julesplace.com. **Rug**, Toy Poodle, Thick and Thin Stripe, and House Pet—Flor; flor.com. **Pendant light**, “Smokebush” (Olive)—Galbraith and Paul; galbraithandpaul.com.

#### SIGNS OF LIFE

**Pages 94-100: design**—Carolyn Mitchell Design, Carolyn Mitchell, Interiors Consultant; 612/926-8666; ccm@visi.com. **Architects**—Awad + Koontz Architects Builders Inc., 6603 Queen Ave. South, Ste. 5, Minneapolis, MN 55423; 612/243-0540; awadandkoontz.com. **Page 94: “M”**—Architectural Antiques; 612/332-8344; archantiques.com. **Sectional reupholstering**—Harrian Upholstery; 612/922-9224. **Rug**—Cyrus Artisan Rugs; 952/922-6000; cyruscarpets.com. **“Butch” pillow**, custom color—Jonathan Adler; jonathanadler.com. **Stump tables**, similar style available—Viva Terra; 800/233-6011; vivaterra.com. **Page 96: old signage #2**—Hunt & Gather Antiques; 612/455-0250;

#### RULES FOR CONTESTS AND SWEEPSTAKES MENTIONED IN THIS ISSUE.

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huntedgatherantiques.com. **Art**—Circa Art Gallery; 612/332-2386; circagallery.org. **Pillow**, custom color—Jonathan Adler (see previous). **Sapient bookcase**—Design Within Reach; for a catalog call 800/944-2233; dwr.com. **Yellow garden stool**—Victory; 612/929-8200; shopvictory.com. **Rug**—Cyrus Artisan Rugs (see previous). **Page 98: Iron bed frame**, similar style available—Room & Board; 800/301-9720; roomandboard.com. **White with red throw, Merino wool blankets**—Swans Island Blankets; for retail swansislandblankets.com. **Kilim pillows**, similar style, **interior shutters**—Carolyn Mitchell Design (see previous). **Sheepskin throw**—Design Within Reach; for a catalog call 800/944-2233; dwr.com. **Kartell “Ghost” chair**—Kartell; kartell.com. **“M” flash card**—Hunt & Gather Antiques; 612/455-0250; huntedgatherantiques.com. **Concrete planter**—Tangletown Gardens; tangletowngardens.com. **Page 100: “We’ve” art**, Jay Nuhring, similar art available—ReSee Gallery; reseeagency.com. **Kilim pillow**, similar style available—Carolyn Mitchell Design (see previous).

**FALL FINALE**  
**Pages 112-118: landscape architect**—Vallari Talapatra, Ecoscapes, Wheaton, IL 630/336-7659; eco-scapes.net.

**DRAMA QUEEN**  
**Pages 120-127: design**—Laura Crockett, Garden Diva Designs; gardendiva.com; 503/648-2218; info@gardendiva.com.

**GARDEN KNOW-HOW**  
**Pages 136-141: fountaingrass (Miscanthus sinensis ‘Autumn Light’)**—Joy Creek Nursery; joycreek.com. **Hinoki cypress (Chamaecyparis), Oregon grapeholly (Mahonia)**—Monrovia; monrovia.com for a retailer near you.

**BEAUTY**  
**Page 150: OPI You Don’t Know Jacques**—salons, Ulta stores, and select mass market retailers; opi.com. **Estée Lauder Pure Color Eye Shadow**—select department stores; esteelauder.com. **The Body Shop Italian Baked-To-Last Eye Color**—The Body Shop stores; thebodyshop-usa.com. **Sonia Kashuk Eye Shadow Duo**—Target stores; target.com. **Stila Grace Eye Shadow Sparkles**—Sephora stores; stilacosmetics.com. **ELF Mocha Swirl Duo Eye**

**Shadow Cream**—mass market retailers nationwide; eyeslipsface.com. **Essie Chinchilly Polish**—salons and select mass market retailers; essie.com. **L’Oréal Bare Naturel Mineral Eye Shadow**—mass market retailers nationwide; lorealparis.com. **Page 152: Almay Smart Shade Blush**—mass market retailers nationwide; almay.com. **Smashbox O-Gloss Lip Gloss**—Sephora stores; smashbox.com. **Boscia Blotting Linens**—Sephora stores; bosciaskincare.com. **Nivea Touch of Honeydew**—mass market retailers nationwide; nivea.com. **Dial NutriSkin**—mass market retailers nationwide; dialsoap.com. **Dior Gentle Cleansing Milk**—Sephora stores; dior.com. **Pages 155-156: L’Oréal Professional Inoa**—Professional Salons; findinoa.com. **Rogaine**—mass market retailers nationwide; rogaïne.com. **HairMax**—hairmax.com. **Paul Mitchell Awapuhi Wild Ginger Shampoo**—select salons; paulmitchell.com. **Paul Mitchell Awapuhi Wild Ginger Cream Rinse** (see previous). **Brazilian Blowout Acai Smoothing Serum**—brazilianblowout.com. **Keratin Complex Smoothing Therapy**—keratincomplex.com. **Living Proof Full**—Sephora stores; livingproof.com. **Finesse ReVitality Scalp Balm**—mass market retailers nationwide; finessehaircare.com. **Phillip Kingsley Scalp Mask**—select salons; philipkingsley.com. **Oscar Blandi Exfoliating Treatment**—Sephora stores; sephora.com; oscarblandi.com.

**TYLER FLORENCE GIVES THANKS**  
**Pages 164, 166: salad plate by Juliska, dinner plate by Arte Italica, napkins by Le Jacquard Français, drink dispenser by Roost, oven-to-table casserole dish by Juliska**—Tyler Florence West Coast Kitchen Essentials; 415/380-9200; tylerflorencem.com/theshop or Tyler Florence Napa; 707/254-9977.

PLEASE NOTE THE FOLLOWING CORRECTIONS:

**AUGUST 2010, FAMILY NEWS: RESCUE ME**  
**Page 196: veterinarian**—Karen Halligan, Society for the Prevention of Cruelty to Animals, Los Angeles, was mistakenly identified as working for the The American Society for the Prevention of Cruelty to Animals.

**SEPTEMBER 2010, CREAMY LATTES**  
**Page 46: large cups (Toast and White), \$30 each; francespalmerpottery.com.**

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**17.** Signature and Title of Editor, Publisher, Business Manager, or Owner: James T. Carr. Date: 07/27/2010. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).



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W.24" H.30" 9 LIGHTS \$3.00  
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W.24



# I Did It!

“Our builder-grade cabinetry was transformed into a beautiful hutch that’s perfect for entertaining.”

Ruth Cardall



**Richard and Ruth Cardall** looked everywhere for an antique hutch to use in their kitchen. Everywhere, that is, except *in* their kitchen. When Richard suggested turning a set of oak cabinets already installed in their Highlands Ranch, Colorado, home into a hutch, “Ruth was very skeptical,” he recalls. To create the look, Richard removed a door from the wall cabinet and the laminate countertop from the desk underneath. He connected those upper and lower cabinets with a beaded-board backsplash, then added a ceramic-tile counter, shelves for wine bottles, and scalloped trim he cut with a jigsaw. An antiqued paint finish enhances the makeover. Ruth’s reaction? “She liked it so much,” Richard says, “she had me redo the entire kitchen!” ■

KIT SELZER



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